KOMIL YUSUPOV

FOUNDER OF KURASH

INTERNATIONAL KURASH RULES TECHIQUES AND TACTICS

HONORARY PRESIDENT OF THE INTERNATIONAL KURASH ASSOCIATION, PRESIDENT OF UZBEKISTAN, SH. MIRZIYOYEV

FROM NOW ON, ON THE WORLD STAGES, THE WORDS

“HALOL, G'IRROM,CHALA, YONBOSH”

WILL RING OUT, PRAISING THE NAME OF THE UZBEK PEOPLE

AND THE NAME OF UZBEKISTAN TO THE WORLD.

Komil Yusupov

INTERNATIONAL KURASH RULES TECHIQUES AND TACTICS

Methodical-practical manual for kurash athletes, coaches, instructors and teacher of colleges, physical educational institutions and physical education faculties of univerities

> *"Kurash incorporates features close to the spirit and character of the Uzbek people, namely courage, bravery, spiritual generosity, fairness and humanism."*
>
> ***I. Karimov***

FOREWORD

Thanks to independence and zealous work of Kurash activists a new sport appeared on the world arena by making reasonable contribution to the peoples' civilization, becoming an international value, which is a real opportunity for world nations. Kurash penetrated into the soul of world nations regardless of religion, language, race and people are doubtlessly eager to use uzbek words as "Tazim", "Kurash", "Khalol", "Yonbosh", "Chala", "Girrom" in their own lexicon.

Owing to independence and diligence of the President of Uzbekistan His Excellency Islam Karimov Kurash achieved world recognition. It is worth mentioning that conversation, took place on 14th of April 1992 between the President of Uzbekistan and one of the assiduous Kurash activists Mr. Komil Yusupov, set exact future perspectives for Kurash.

The idea to develop Kurash as a sport, to propagate and promote and bring it to the world came to mind of Komil Yusupov in 1980s and this idea had immediately been put forward. At that time he would actively take part in weddings – "traditional Kurash festivities" as well as was very interested to study customs, mores and traditions of our national sport. Understanding that, K. Yusupov brought forward the idea of taking Kurash to world arena. New rules created as a result of researches for several years were discussed at the Central Asia and Kazakhstan scientific conference held on June 14-15 of 1991. After 2-days negotiations rules, clothes of referees and athletes were approved. Main part of rules appeared in "Sport" newspaper in 17th of September 1991 edition on the 17th day after the President declared the independence of Uzbekistan. All around the regions of the Republic in the set of articles "People's movement and organization of sport events" (Tashkent,

1992) the complete version of the new Kurash rules were explained. In May 1992 the rules were published as "Rules of National Kurash" (Tashkent, 1992) in a form of a manual.

According to Kurash rules techniques of athletes are evaluated by commands "Halol", "Yonbosh" and "Chala". Any spectator or athlete shall learn the rules easily and just at a glance.That's why Kurash rules created by Komil Yusupov were accepted in a short period of time by Kurash specialists, coaches, referees and especially spectators and people. Besides, taking into consideration the traditions of Kurash circles a weight category for athletes from 36 to 80 years and older was included into the rules for the first time in the history of sports, which gave more respect to Kurash, because athletes of 35-40 years of age had lost their hope for grappling.

On 7-10 of August 1991 in Shahrisabz city a big Kurash event was held with participation of athletes from Central Asia and Kazakhstan. The competition totally differed from past ones as athletes fought in accordance with new rules. The year of 1992 gave a start for several prestigious tournaments held according to these new rules. President Islam Karimov started to commemorate the names of great athletes and scholars by holding the international Kurash tournaments. Organizing and holding international memorial Kurash tournaments such as "Tursun ota" in Karakul, "Amir Temur" in Shahrisabz, "At-Termiziy" in Surkhandarya region, "Bahouddin Nakshband" in Bukhara, "Bobur Mirzo" in Andijan, "Pahlavon Makhmud" for the President's Prize made an immense contribution to promotion of Kurash and appearing as a new sport in the world arena. At the very first competitions Kurash gained love of foreign specialists and participants with its attractiveness and dynamism, beauty and purity.

Competitions held in Uzbekistan were not enough to make a national sport an international one. This was the reason for the demonstrative presentations, explanation on Kurash to take place at big sport events in South Korea (1992), Canada (1993), Lithuania (1993), Japan (1994), Ireland (1997), India (1995), Atlanta (1996), Moscow (1998) and France with participation of specialists and spectators.

Hard work, researches were not in vain. September the 6th of 1998 shall be written in the thousands year history of Kurash with golden letters as outstanding event day. It is the day when the First Constitutional Congress with participation of representatives from 28 states of Pan American, European and Asian continents was held and where the International Kurash Association (IKA) was created and recognized to speak on behalf of our nation's tradition – "Kurash" in the world.

President of Uzbekistan Islam Karimov was elected as permanent Honorary President of the International Kurash Association who fully supported the world promotion of our people's ancient tradition and pride. At the Congress the Directing Committee of IKA was also formed up. International Kurash rules created by K. Yusupov were unanimously approved and K. Yusupov was elected as the President of the International Kurash Association.

President of Uzbekistan issued decree on "Supporting the International Kurash Association" on 1st of February 1999.

Today Kurash has its supporters in more than 70 countries on all 5 continents of the world including states such as Canada, Bolivia, Brazil, South Africa, Great Britain, Hungary, Turkey, India, Sri Lanka, Iran, and Japan. Even in countries "incredible" for Uzbekistan like Dominican Republic, Paraguay, Ecuador, Zambia, Nigeria, Mauritius Kurash techniques are practiced with big interest.

Continental Federations in Americas, Africa, Europe, Asia and Oceania are formed and function. At the moment they are enlarging their frame of activity to promote and develop this publicly-accepted ancient sport.

Shortly we can say that Kurash is a big heritage – treasure passed from generations to generations, which made a great contribution to the world civilization. This treasure is a significant factor in upbringing current generation. People of different continents and nationalities accept Kurash as their favorite sport for its attractiveness, humanism, internationality and heartfullness philosophies.

Olympic and World championships can be won in any sport, but not any nation can bring its sport into the international arena. The goal of a sportsman is to become an Olympic Champion and the highest goal of Uzbek nation, world Kurash athletes is to make Kurash an Olympic sport.

We hope this manual will give you enough information about Kurash.

Dilbar KULDOSHEVA
Rector of International Kurash Institute

INTERNATIONAL KURASH ASSOCIATION

Six years have passed since the International Kurash Association was created. It is a very short period to be history, but though Kurash gained unbelievable respect in the world arena and fully proved to be an Olympic sport.

For the past period the International Kurash Association have worked in 3 main directions:

1. IKA created its structure and it is constantly functioning: The supreme governing organ of IKA is **Congress.** IKA's governing body Directing Committee has been fully formed and constantly functions. Directing Committee consists of 15 members from Uzbekistan, South Africa, Bolivia, India, New Zealand, Poland, Hungary, Turkey, Iran and Netherlands. The Directing Committee calls its meeting at least twice a year. In 5 continents there continental branches – confederations are formed and are functioning. Official Kurash federations are opened in 77 countries of the world. In IKA's member-countries there are at least 100 Kurash clubs opened.

2. Calendar of competitions: Since IKA was created more than 500 big and prestigious competitions have been held worldwide. They include senior and junior world and continental championships, international tournaments, competitions held by sponsors, cup competitions. So far four world senior championships have been held: in 1999 in Tashkent (Uzbekistan), in 2000 in Antalya (Turkey), in 2001 in Budapest (Hungary) and in 2002 in Erevan (Armenia). Henceforth world senior and junior championships shall be held in every two years by turns. Other competitions shall be held annually. Continental senior and junior championships are also held on a constant basis (First European Championships in Minsk in 1999, First Asian Championships in Tashkent (Uzbekistan) in 2001, First African Championships in Hartenbos (South Africa) in 2001, First Pan American Championships in 2002 in La Paz (Bolivia), First Oceania championships in Auckland (New Zealand) in 2003).

The British Kurash Association has been holding the International Islam Karimov Tournament since 2000 in London. Besides this big event, they organize and hold several tournaments among children, girls and boys, seniors and junior and veterans on national level.

3. International relations. The executives of the International Kurash Association have made close relationships with the International Olympic Committee (IOC), General Association of International Sport Federations (GAISF), Olympic Council of Asia (OCA), South American Sports Authority and other sport organizations. IKA have set cooperative ties with the World Federations of football, Ju-jitsu, associated wrestling, weightlifting, sambo and other developed sports. All these efforts are related to inclusion of Kurash initially into regional and continental games and then Summer Olympics. On 4th of October 2002 a demonstrative presentation of Kurash took place in Pusan (South Korea) at the XIV Summer Asian Games. On 24th of January 2003 at the XXII Session of the General Assembly, OCA has made an amendment to the 59th paragraph of its Statutes. It says that Kurash has been recognized by the OCA and it can be included into the program of the Summer Asian Games. Kurash shall also be performed at the VIII South American Games in La Paz (Bolivia) in 2006.

INTERNATIONAL KURASH ACADEMY

The International Kurash Academy was formed by the order of the IKA's President in October 1999.

Main commitments of the academy are as follows:

– Studying the history of Kurash on scientific base and widely promote it;

– Creation of scientific-practical methodic;

– Organizing international scientific-practical conferences and seminars, publishing relative to conferences materials in form of scientific articles;

– Establishing and strengthening relations with countries, where Kurash practiced in field of sport, science, culture and economy;

– Opening branches of the Academy in respective countries;

– Cooperating and exchanging experience with other sport academies and institutions.

INTERNATIONAL KURASH INSTITUTE

On 28th of April 2001 the Ministry of Justice of the Republic of Uzbekistan for the first time registered and issued certificate to the non-governmental International Kurash Institute.

Experienced specialists are one of the necessary factors for Kurash to develop, be promoted wider and included in the program of the Olympic games. The Presidents of National Kurash federations of South Africa, Bulgaria, Bolivia, Great Britain, Hungary, India, Iran, Japan, Turkey and Kirgizstan founded the International Kurash Institute.

Main purpose of the institute is to assist world diffusion of Kurash via educating and retraining qualified specialists. Promotes worldwide the international Kurash rules approved by IKA.

Along with educating and preparing instructors, coaches, teachers of Kurash for schools and club trainers, the institute opens schools and academic lyceums and retrains specialists.

Institute also elaborates practical and methodical textbooks, schoolbooks, programs and other normative documents on scientific basis as well as creates video, audio and demonstrative manuals and distributes to all Kurash-member countries.

WORLD FOUNDATION ON KURASH DEVELOPMENT

The World Foundation on Kurash Development was founded by order of IKA, presidents of national Kurash federations of Japan, Hungary, India, Poland, Russia and Bulgaria and decision of founder's meeting on 5th of April of 1999.

Main purposes of the World Foundation on Kurash Development are as follows:

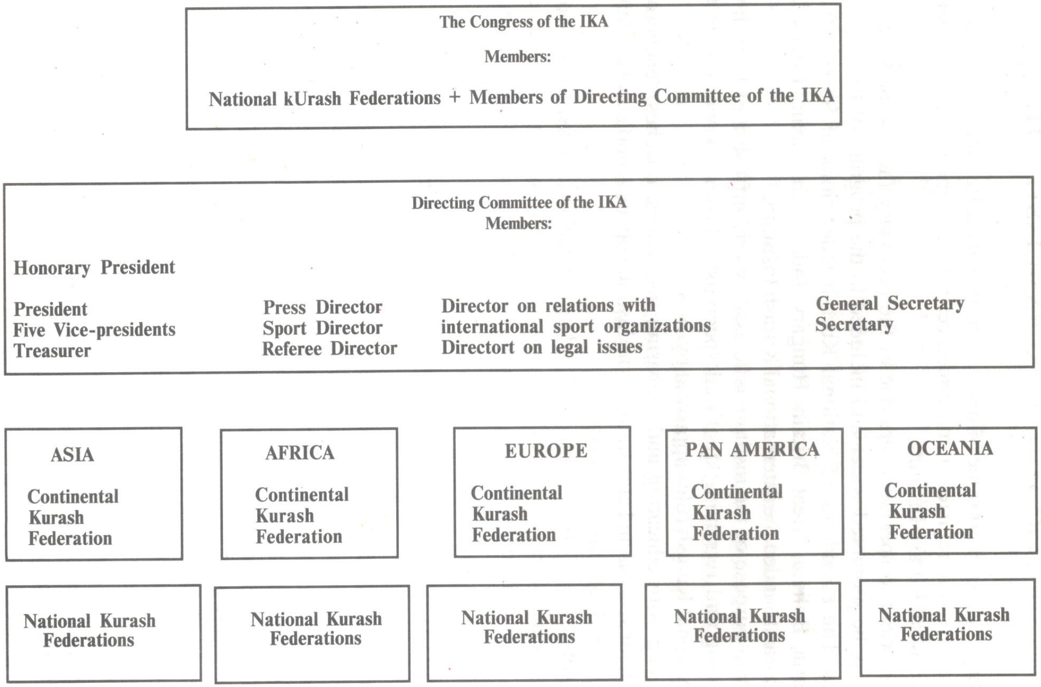
– Financial back-up of the world Kurash development;

– Coordinating branches of the foundation within national Kurash federations in foreign countries;

– With the permission of IKA opening companies, organizations, and branches within Uzbekistan as well as abroad.

– Financing programs aimed at worldwide Kurash development and assisting to educate young Kurash players;

THE STRUCTURE OF THE INTERNATIONAL KURASH ASSOCIATION



The Congress of the IKA

Members:

National kUrash Federations + Members of Directing Committee of the IKA

Directing Committee of the IKA
Members:

Honorary President

President
Five Vice-presidents
Treasurer

Press Director
Sport Director
Referee Director

Director on relations with international sport organizations
Directort on legal issues

General Secretary
Secretary

ASIA

Continental Kurash Federation

National Kurash Federations

AFRICA

Continental Kurash Federation

National Kurash Federations

EUROPE

Continental Kurash Federation

National Kurash Federations

PAN AMERICA

Continental Kurash Federation

National Kurash Federations

OCEANIA

Continental Kurash Federation

National Kurash Federations

– Acting as the main organizer and financer of competitions in IKA's calendar including world, continental championships and international tournaments.

In order to accomplish all commitments the foundation opens branches in more than 70 countries of the world where there Kurash federations exist and finds business partners to collaborate with organizations and entrepreneurs of Uzbekistan. In other words the foundation creates an atmosphere for exporting national products of Uzbekistan to foreign countries as well as importing products from abroad. Along with branches it signs mutually beneficial agreements. The foundation is open to work with all foreign legal and natural bodies that support Kurash.

NATIONAL KURASH FEDERATION OF UZBEKISTAN

The National Kurash Federation of Uzbekistan was registered on 11th of March 1992 in Tashkent region. The Federation is the branch of IKA in Uzbekistan and assists the IKA to develop Kurash in the country. The federation is responsible to make Kurash most developed sport in Uzbekistan as well as promote it in the world arena.

Aesthetics of Kurash

If the long history of Kurash is deeply studied one understands that Kurash has been praised as the example of athletes physical and spiritual perfection from ancient times. This is why on one hand there is physical strength and readiness and on the other hand the manner, behaviour, attitude to motherland and spiritual world of an athlete is evaluated.

Kurash is not only a kind of sport, but also a way through which a human achieves physical and spiritual perfection. Great ancestors considered Kurash as the school of proper behaviour. They described the students of this school as follows:

- Athletes never oath, but never be a traitor.
- Athletes fight worldly things like addiction to drugs, unclean activities and never do them.
- Athletes have strong will, and follow proper people.

- Athletes protect weak and poor people, distribute a part of their prize gained by pure victory to them.
- Athletes destinguish from others with features like bravery, humanism, spiritual generosity.
- Athletes have firm point of view.

The above given descriptions of athletes incorporate Kurash philosophy has been formed during many centuries. They are the following:

- Independant point of view and developing free thinking;
- Upbringing of a self-confident, strong will and modest human;
- Creation of envirionment to strenghthen the belief, will of people, especially youth;
- Developing feelings of self-understanding, love, protecting holy traditions making them puberty in human thinking;
- Developing features suitable to people with spiritual generosity like feith, belief, purity, forgiveness.

We can say with sure that Kurash, which assists to form up strong will, purity, patience, hope for victory, feelings of glory and pride, makes its contribution to making people meet the life requirements, puberty of youth. So, phylosophy of athletism directs a human to purity. **KURASH IS - «ACHIEVING THE GOAL VIA PURE WAY!»**

Kurash unites people of different nations and is a power that leads humans to do good deeds, makes them spiritually and physically healthy. This is the victory of all of us.

We mentioned above that Kurash is not just a sport, but as our ancestors said a school of proper behaviour.

Each member of Kurash school should build his life on the basis of scientific, spiritual and proper behaviour factors and firmly follow these factors. In other words, match of athletes consists of self-formed, logical movements, based on firm scientific process, traditional, exemplary features, stable rules and norms.

As far as Kurash requires great features as generosity, courage, bravery, firmness, purity it also makes an athlete feel the responsibilities of keeping these features. People being example for others initially should develop puberty both spiritually and physically in themselves on constant basis.

Instructions given by scholar Husayn Voiz Koshifiy to all the athletes have been followed for many centuries and are currently also considered most necessary instructions for kurash athletes.

Every boy or girl that want to master Kurash should follow its rules, aesthetics and requirements of behaviour An athlete should never let down the motherland and kurash by his improper behaviour and should serve his people, country, kurash till the last beat of the heart.

Along with all the mentioned they should behave themselves at the time of training, be attentive and try not to injure others, help partners in case there is something needed.

Each person that joins the family of Kurash should learn and follow the norms of manner mentioned above, otherwise they cannot be considered a coach or an athlete.

Behaviour of coaches

- If one of the students wrestles improperly, the coach should explain kindly, and never shout at the student.
- To know all the nuances of Kurash in perfection.
- Should not chestise any student in front of others.
- Should not abuse the property of students.
- Should not be avaricious towards his students.
- The coach should be flawless and clean person.
- To be kind to the student.
- Call the students to be clean.
- To teach each student as per ability the student has.
- Always remember own teacher.

Behaviour of Kurash athletes

- To speak always the truth.
- Should be clean and wear clean clothes.
- To wish good wishes.
- To do what the coaches say with pure heart.
- Should not hurt others, try to do good to others.
- Should not be upnosed because of strenght.
- Not to speak too much at presence of the coach, be attentive, not to object when the coach speaks.
- Never be grumpy
- To have good manners
- Not to be envious, wish to achieve the same.
- Not to be avaricious.
- To be friendly with other student, co–workers from heart.
- Not to be happy because of the loss of the oponnent.
- Not to gossip over others.

INTERNATIONAL RULES OF ORGANIZATION AND HOLDING OF KURASH COMPETITIONS

I. Regulations On Competition

The regulations on competition are drawn up and approved by organization, which arranges this competition.

The regulations should include the following:

1. Type of competition;
2. Purpose of competition;
3. Sport features, age, sex, name of teams and organizations;
4. Place and date of conducting of competition;
5. Order of conducting of competition;
6. Conditions of participation in competition;
7. Responsible organization for conducting of competition;
8. Board of referees;
9. Fight duration;
10. Deadline for submitting applications for participation in competition;
11. Medical control procedure and maintenance of order;
12. Documents to be submitted to credentials committee;
13. Claims submission procedure and their consideration;
14. Date and time of conducting of competition in each weight category;
15. Procedure of rewarding of winners and prize winners of competition.

II. Types of Competitions

1. Individual championship.
2. Team championship.
3. Individual and team championship.
4. Open gilam (tatami) championship.
5. Absolute championship.

a. individual championship is held to determine the strongest wrestlers of the competition.

b. in team championship the place of every team is determined.

c. in individual and team championships the place of every participant is determined and according to it the place of every team is determined.

d. in open gilam (tatami) championship every wrestler fights to increase his/her sport qualification, title and experience.

e. in absolute championship the strongest wrestler is determined irrespective of weight category.

III. Board of Referees

1. Prior to conduction of every competition the federation, conducting this competition on its territory, submits a list of referees, approved by this federation. Every competition from the calendar of international tournaments, continental championships, World Championship and Olympic Games, may be attended only by referees, authorized by the International Kurash Association.

2. Structure of the Board of referees:

a. Chief Referee;

b. Chief Referee deputy, their number should be more by one, than number of gilams (tatamies), on which the competition is held;

c. Chief Secretary and secretaries of gilam (tatami);

d. Arbitrator and side referees;

e. Stop-watch referee;

f. Scoreboard referee;

g. Informing referee;

h. Warden of competition;

i. Medical staff (doctor of competition).

IV. Referees on the gilam (tatami)

1. Referees, entering gilam (tatami), put their right hand on left part of breast and simultaneously bow to spectators and Chief Referee.

2. Chief Referee and Board of referees control referees' actions. If referees admit actions contradicting the rules of competition, they are discharged from competition and deprived of their referee's license.

V. Chief Referee

Chief Referee is the head of competition, responsible for holding competition according to the rules. Participants, team representatives, board of referees and attendants should implicitly execute instructions of Chief Referee.

1. Chief Referee's Responsibilities:

a. to control accordance of a sport building (gymnasium or stadium), equipment and gilam (tatami) with competition requirements;

b. during the drawing to divide the strong wrestlers in two subgroups;

c. to distribute referees on gilams (tatamis);

d. to make the schedule of competition;

e. to nominate referees for wrestlers scaling;

f. to nominate referees to each fight and to supervise their actions;

g. prior to the beginning of competition, to hold a meeting of Board of referees;

h. daily after the end of competition, to gather team representatives, Board of referees and coaches, to summarize competition's results, eliminate complains, received during competition.

i. if necessary, to hold an assembly of Board of referees;

j. to evaluate readiness of referees for competition and the course of competitions;

k. to fill in and to hand over the reporting minutes on holding and results of competition to appropriate bodies.

2. Rights of Chief Referee:

a. to suspend and to forbid conduction of competition if the place of conduction, equipment and gilam (tatami) are not prepared and do not meet rules requirements;

b. to temporarily suspend competition, if there is something that may negatively affect conduction of competition on the high level;

c. to make changes in the procedure of conduction of competition or the schedule of competition;

d. to discharge referees for violation of rules and give information about it to the Board of referees;

e. to discharge the wrestlers who violated rules or does not have permission for participation in competition;

f. to give cautions or to discharge a coach of any team for violation of Kurash rules or for inappropriate behavior during competition.

Note: Chief Referee has no right to cancel or change Kurash rules.

VI. Chief Referee Deputy

a) during temporary absence of the Chief Referee at competition, fulfills his/her responsibilities;

b) announces results of fight and names of wrestlers fighting next;

c) supervises and replaces the arbitrator, secretary, stop-watch referee, scoreboard referee.

VII. Chief Secretary and Secretaries

1. The Chief Secretary examines the documents of wrestlers while they pass the credentials committee.
2. The Chief Secretary keeps the minutes of assembly of Board of referees, of fights and other documents.
3. Secretaries keep the minutes of gilam (tatamis).
4. Secretaries write down results and remarks on fights in the minutes.
5. The Chief Secretary together with Chief Referee is obliged to fill in and to sign the minutes-report of the competition.

VIII. Arbitrator

1. Before the beginning of a fight, the arbitrator examines the condition of the wrestler, accordance of his/her uniform with Kurash rules, if there is a disparity, he should demand to change the uniform (in prescribed time).
2. The arbitrator controls the course of the fight and observance of Kurash rules.
3. Takes into account appraisals of side referees.
4. After every appraisal of the implemented methods, the arbitrator should stop the fight (with a command TOKHTA!), give appraisal during 2-3 seconds and begin wrestling with a command KURASH!.
5. While announcing cautions for violation of rules the Arbitrator should stop (with command «TOKHTA») the fight and in 15-20 seconds should announce cautions (in this period of time wrestlers should remain on their places and put in order their uniforms) and begin it with command «KURASH»

6.Once the stop-watch referee signals the end of fight time, the arbitrator should stop the fight with a command VAKT! and an appropriate gesture.

IX. Side Referees

1. Side referees should help the arbitrator to evaluate all actions of the wrestlers.

2. Three referees on majority basis evaluate all actions of wrestlers on gilam (tatami). If opinions of three referees do not coincide, they must discuss it to get final opinion.

3. Side referees sit on the opposite parts of gilam (tatami), and if there is no such a possibility, they may stand watching the course of the fight.

4. If a participant needs to leave gilam (tatami) for a short time, he should be accompanied by one of the side referees.

X. Stop-Watch Referee

1. The stop-watch referee watches the duration of the fight and the time when the wrestlers come on gilam (tatami).

2. The stop-watch referee calculates and controls every minute of fight time. If the wrestler uses medical help during the fight or wrestling is stopped because of any other reason, the stop-watch referee counts the duration of stop and informs immediately Chief Referee.

3. If the athlete does not come to the gilam (tatami) in one minute he is given «Tanbekh», if not in two minutes «Dakki», if not in three minutes «Girrom» penalties and disqualified.

XI. Scoreboard Referee

1. The scoreboard referee shows on the score-board all appraisals and cautions announced by the arbitrator.

2. If the scoreboard referee has not enough time to see or to hear the result announced by the Arbitrator, he/she asks about it the secretary of gilam (tatami).

3. Appraisals should remain on the scoreboard until the winner is announced.

XII. Informing Referee

1. The informing referee announces the schedule of the day, weight categories, names of the next pair of wrestlers to fight. Gives the information

on each wrestler entering gilam (tatami). Also gives the information to spectators about the referees on gilam (tatami).

2. After the informing referee announce the result of the fight, the result is not subject reevaluation.

3. All information not related to competition is given only after approval by the Chief Referee or his/her deputy.

XIII. Warden Of Competition

1. The warden of the competition is responsible for readiness of the gymnasium, stadium or field where the competition will take place, gilam (tatami) on which the fight will be held, referees' table and chairs and other accessories;

2. The warden of the competition is responsible for the order during the competition.

3. The warden of the competition conducts his/her activity in accordance with orders of the Chief Referee.

XIV. Doctor Of Competition

1. Before the beginning of the competitions the doctor of the competition examines medical reference of the wrestler, signature and seal, if there are defects, does not allow the wrestler to fight.

2. The doctor of the competition examines the wrestlers during scaling.

3. The doctor of the competition controls cleanliness of the place of the competition and gilam (tatami) of the fight, the wrestlers uniforms.

4. The doctor of the competition treats the wrestlers injuries during competition.

5. If the the injured wrestler does not come back to the gilam in three minutes after the treatment, with the permission of the doctor he is disqualified and his opponent is announced as the winner of the fight.

XV. Situations Not Stipulated By Kurash Rules

Situations not stipulated by Kurash rules are solved by the Board of referees.

XVI. Referee Uniform

The referee uniform includes a black suit and trousers, black socks, white shirt and black tie.

XVII. Kurash Uniform

1. The participants of the competition should wear a dark blue or green yakhtak, white trousers, a red belt. And, the participant called first comes in a dark blue dressing gown, and the second one - in a green dressing gown. Types of colors used: blue - 5-zm; green - 4-kx. (Fig. 7)

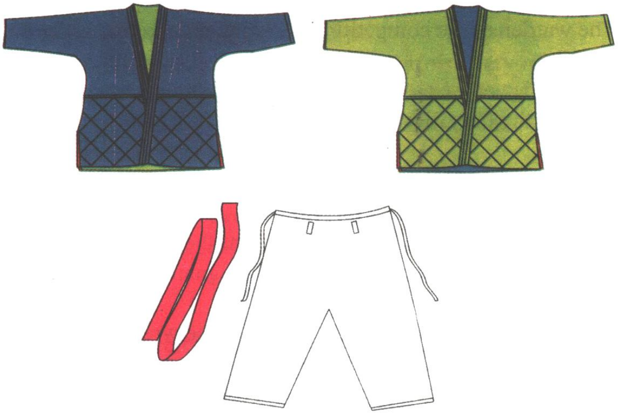


Figure 7

2. The uniform should be made from cotton, be in good condition, the material should not be very rigid or dense.

3. The following marking is allowed:

- State Emblem (on the left part of breast, maximum size: 10x10 cm);
- trade mark of manufacturer (3x3 cm in front below the jacket);

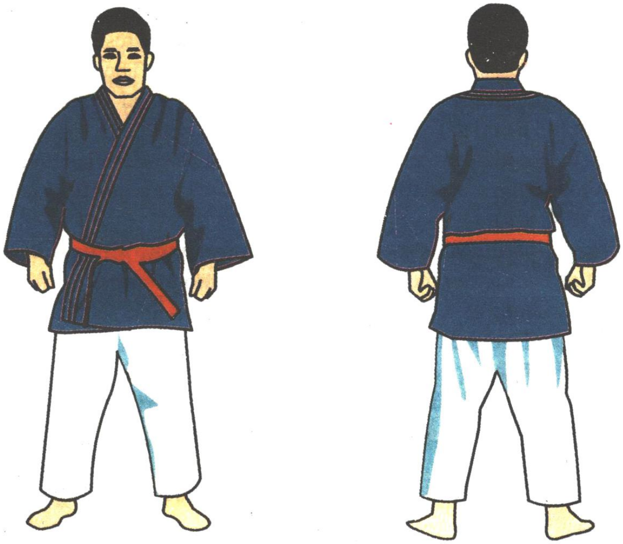


Figure 8.

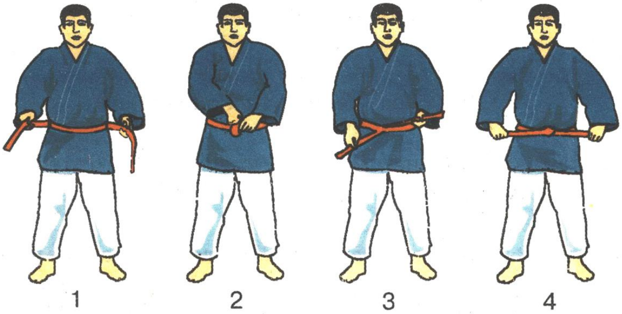


Figure 9.

- shoulder marking (not more then 25 cm, width up to 5 cm);
- tabs (25x25 cm, allowed on back, may include wrestler's surname).

4. The yakhtak should be 15-20 cm above knees. The yakhtak sleeves should not cover wrists. 8 cm should be between a hand and a sleeve. The trousers should be up to feet. 15-20 cm should be between a trouser-leg and a leg. A belt should be 4-5 cm in width. It should be such in length that after two turns round the waist and tying up, the ends still have not less than 20 cm in length. (Fig. 8-9)

5. Women-participants should wear a durable white sports shirt or tricot with short sleeves under their yakhtak, tucked into trousers.

6. If a yakhtak of a participant does not meet the requirements, the arbitrator should require from participant to change yakhtak. Participant must draw out his/her hands before him/her and thus show the arbitrator that the length and width of yakhtak sleeves correspond to the rules.

7. The wrestlers of both sexes wrestle on bare feet.

XVIII. Hygiene Of The Wrestlers

Clothes of participants (yakhtak and trousers) should be clean, dry, without a bad smell. Nails on hands and feet should be shortly cut. Long hair should be assembled, in order not to cause inconveniences to the other wrestler. Any participant violating rules of hygiene, loses his/her right to participate in competition.

XIX. Gilam (Tatami) Of Competitions

1. Kurash gilam (tatami) should have minimum size 14õ14 m. The maximum size is 16õ16 m, it should be covered with a fabric, colored usually green, white, red, light-green, dark blue.

2. Gilam (tatami) of competitions is divided into two zones. The line dividing these zones, is called «the dangerous line», it is always red and 1 m in width.

3. The fight area inside the line, including the dangerous line itself, is called «the safe zone», with minimum size 8õ8 m, and maximum size 10õ10 m.

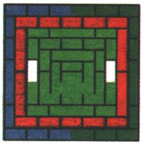
4. The zone beyond the red line is called «the dangerous zone», 3 m in width.

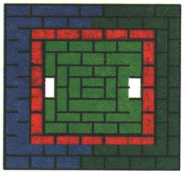
5. The white lines 1 m in width and 2 m in length on two sides, designate the place of beginning and end of fights. These lines are drawn in the safe zone no more than in 6 m from each other.

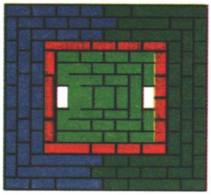
6. The gilam (tatami) should be on an elastic floor or a special platform. There should be a free zone not less than 1 m in width surrounding the wrestling spot.

Kurash gilam is made in following sizes:

200 x 100 x 4 cm or 5 cm,
150 x 100 x 4 cm or 5 cm,
100 x 100 x 4 cm or 5 cm.







Red – 18 pcs.
Light green– 30 pcs.
White – 2 pcs.
Blue – 11 pcs.
Green – 11 pcs.

Red – 18 pcs.
Light green – 30 pcs.
White – 2 pcs.
Blue – 24 pcs.
Green – 24 pcs.

Red – 18 pcs.
Light green – 30 pcs.
White – 2 pcs.
Blue – 39 pcs.
Green – 39 pcs.

Made as following:

Sheet is open from below, red / light-green / white / dark-blue / green; paralone of second-time foaming, knotted with special tent.

XX. Equipment

1. At each gilam (tatami) there should be:
- a table and three chairs
- two light chairs
- a stop watch

- a microphone
- a score-board (showing the pure time of a fight) with a sound signal of the end of fight, small flags of yakhtaks color for referees to determine the winner of the fight.

2. Two light chairs should be located in the safe zone in the opposite corners, not closing the score-board.

3. The score-board should be located outside the working zone so that referees, members of the Board of Referees and spectators can easily see it/them (there always must be in reserve a mechanical score-board for control). The score-board should meet the requirements of the International Kurash Association.

4. In case of use of electron clock, mechanical clock is used for control.

5. Gong or a sound device should be used to signal the arbitrator about the end of the fight.

6. Spectators (press, TV, etc.) should be not closer than 3 m from the gilam (tatami) of competition.

7. Manual stop watches (chess clock) and scoreboard should be used simultaneously with electronic equipment in case of failure of electronics.

XXI. Beginning and end of fight

1. Before the beginning of every fight three referees (arbitrator, two referees) come together on the edge of the gilam (tatami) and, putting right hand to the left part of breast, bow and then take their places. Getting off the gilam (tatami) the referees come together on the edge and bow again with the their right hands on left breast.

2. The participants with their right hand on the left breast, should bow before coming in the safe zone. After bowing before the safe zone the participants should move forward up to the specially marked place, then, with right hand on left breast, they must bow to each other.

3. After the arbitrator announces the result of the fight, the participants with right hand on left breast, should bow to each other.

4. Arbitrator and side referees should take their places before the fight prior to participants' coming on gilam (tatami).

5. All bows are executed by bending in waist forward. If participants do not bow, the arbitrator should require their bowing.

6. Examining the fight square before the fight, referees should check if the gilam (tatami) surface is plane, clean, without slots between mats, the chairs of referees are on their places, the participants meet the requirements of the rules. The arbitrator should be in the center of the gilam (tatami) initially facing the time-registration table.

7. The arbitrator when giving a command TOKHTA should see the participants.

XXII. Team Chiefs, Coaches And Representatives

1. Only the team chief, coach or representative has the right to directly address to the Chief Referee and his/her deputies.

2. Team chief is responsible for wrestlers uniform, their well-timed coming on gilam (tatami) and for general order.

3. Team chief also participates the drawing together with the Chief Referee and other referees.

4. During the fight team chief should be on spot, specially allocated for him/her.

5. If team chiefs or coaches have referee license, they also have the right to be a referee on competition.

6. Team chiefs having infringed the above-stated rules, are dismissed from their post and the appropriate organizations should be informed about it.

7. During the fight team coach may be in spot, specially allocated for him/her or near gilam (tatami) on distance not closer than 2 meters.

8. Team coach can come nearer to the wrestler in case of wrestler's injury when the wrestler is receiving medical aid from the doctor, but the coach must obey the instructions of referees or arbitrator.

9. If team coach does not observe the above-stated rules, the arbitrator can require the Chief Referee deputy to give the coach a caution DAKKI. If it is repeated, the Chief Referee deputy gives a caution GIRROM and may dismiss the wrestler from fight.

XXIII. Scaling Procedure

1. Participants of one weight category are scaled on the same day, on the same scales, two hours before the competition.

2. The scaling should proceed no more than one hour.
3. At scaling wrestlers should have their identification cards.
4. Without scaling a wrestler is not admitted to competitions.
5. During scaling wrestlers should wear only shorts or swimming trunks.
6. At scaling of wrestlers, there should be a commission composed of the Chief Referee, the Chief Referee deputy, secretary, medical staff member, 2 or 3 referees. After scaling, surnames of wrestlers are written in the minutes of scaling.

XXIV. Age And Weight Category Of The Wrestlers

1. Participants of competitions are divided into the following weight categories:

a. Children (12-13 years): 33, 36, 40, 44, 48, 52, 56, 60, 65, 70, +70 kg.
b. Teenagers (14-15 years): 38, 42, 46, 50, 55, 60, 65, 71, 77, 83, +83 kg.
c. Youths (16-17 years): 42, 46, 50, 55, 60, 65, 71, 77, 83, 90, +90 kg.
d. Adults (18-35 years): 60, 66, 73, 81, 90, 100, +100 kg.
e. 36-45, 46-55, 56-60, 61-65 years and older - 60, 70, 80, 90, +90 kg;

2. Age and weight categories for girls and women:

1. Girls (12-13 years): 30, 33, 36, 40, 44, 48, 52, 57, +57 kg;
2. 14-15 years: 33, 36, 40, 44, 48, 52, 57, 63, +63 kg;
3. 16 - 17 years: 36, 40, 44, 48, 52, 57, 63, 70, +70 kg;
4. Women (more than 18 years): 48, 52, 57, 63, 70, 78, +78 kg.

3. Irrespective of the weight category, youths and adults can (with the sanction of the Chief Referee) participate in competitions in absolute weight category.

XXV. Fight Duration

- For children 4-7 years - 1 minute
- For children 8-11 years - 2 minutes
- For men - 4 minutes of pure time (time of wrestling);
- For teenagers and wrestlers older than 35 years - 3 minutes of pure time;
- For children over 11 years, wrestlers older than 56 years and women - 3 minutes of pure time.

XXVI. Requirements To Wrestlers

1. The participants of competition are required to have the following:

— identification card, above mentioned uniform, document verifying wrestler's class;

– team application, permission of doctor with a seal.

All these documents are examined before the competition by credentials committee and are approved by the chief doctor and members of committee. The chiefs of teams are responsible for meeting conditions and requirements mentioned above.

2. With the sanction of the Chief Referee, youths (16-17 years) may also participate in adults competitions.

3. Wrestlers competing in one weight category are not permitted to participate in another weight category, but they may wrestle in absolute weight category with the sanction of the Chief Referee.

XXVII. Responsibilities Of The Participants

The participants of competition should observe the following rules:

a) greet one another by a bow before the beginning and after the end of the fight.

b) observe all Kurash rules and rules of competition.

c) obey the referee's instructions.

d) behave correctly during competition.

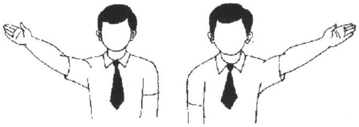
e) if referee calls a wrestler, he/she should immediately go to the designated place.

XXVIII. General Kurash Rules

- In Kurash wrestlers wrestle in upright standing position according to the adopted rules. Methods are evaluated by referees.
- if wrestlers have equal appraisals than victory is given according to the last appraisal.
- if a participant has an appraisal and a caution, the appraisal has advantage.

- if during the fight wrestler do not perfrom any technique at the half of the fight the arbitraior stops the fights and on majority opinion the passive wrestler is coutioned;
- the victory is given in accordance with the referees' opinion on majority basis when there was no technical action or both wrestlers got equal cautions during all the fight.
- competitions are conducted according to the Olympic system without repechage fights.
- in Kurash a method, begun inside the gilam (tatami) and finished outside the gilam (tatami) line is evaluated as well.

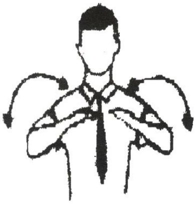
XXIX. Commands And Gestures Used During Fight



ТАНИШИНГ
TANISHING

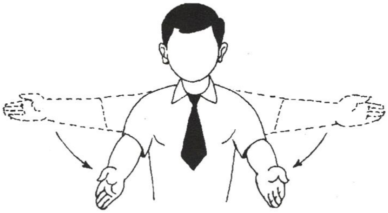
1. «TANISHING» – is the command to annonce the wrestlers. After they come to the gilam (tatami) the arbitraitor raises left or right arm towards the wrestler and says "tanishing". The informing referee announces the wrestlers (This gesture is used after the fight to show the winner of the fight).

2. «TAZIM» – is the command for a bow of the wrestlers one to another, with right hand on the left breast. To spread hands on the level of shoulders with palms turned upward, then, bending hands in elbows to join the fingers before oneself with palms turned downward.

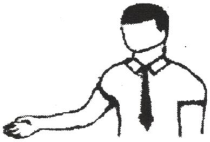


ТАЪЗИМ
TA'ZIM

3. «ORTAGA» – is the command to call the wrestlers to the center of the gilam (tatami). To spread arms out to sides and without stop return to the shoulder level.



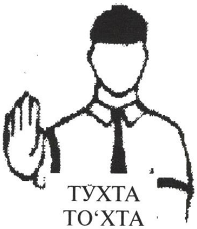
ЎРТАГА
O'RTAGA



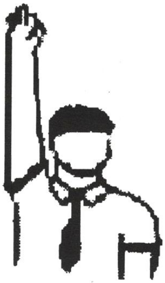
КУРАШ
KURASH

4. «KURASH» – is the command for beginning the fight. To hold out a straight hand before oneself, the palm should be opened and thumb should be directed upwards.

5. «TOKHTA» – is used to stop a fight. to raise the right hand forward parallel to gilam (tatami) on altitude of shoulder, with a palm turned forward.



ТЎХТА
TO'XTA



ҲАЛОЛ
HALOL

6. **KHALOL** (pure victory)

To raise a hand high above head, with palm directed forward. The arbitrator announces the appraisal in case if the throw on back is done by a beautiful and accurate motion. This appraisal is awarded:

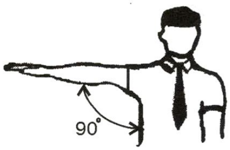
a) for two throws evaluated by YONBOSH appraisals;

b) if after the grid the opponent falls on his/her back (on both shoulder-blades);

c) after announcement of «GIRROM» punishment.

d) for a throw evaluated by YONBOSH, and the opponent has caution of DAKKI.

e) for not coming to gilam (tatami) in 3 minutes.

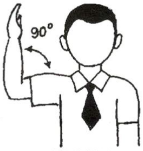


ЁНБОШ
YONBOSH

7. «YONBOSH» – to raise a hand on the level of shoulder, with palm turned downwards This appraisal is given:

a) when wrestler made a throw by a strong, sharp, beautiful motion and opponent falls on his/her side;

b) after the announcement of DAK
to the opponent.



ЧАЛА
CHALA

8. «CHALA» – to raise a hand, bent in elbow, so that the thumb is on the level of the shoulder, the palm is open and is directed to side, the elbow is taken aside.

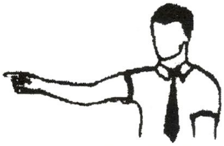
This appraisal is given:

a) if a wrestler throws the opponent on thigh, buttocks, belly or side, but with serious technical errors, slowly and inaccurately;

b) if TANBEKH caution is announced;

c) CHALA appraisals, irrespective of their quantity, could not be transformed into another appraisal.

d) if both wrestlers have several marks of CHALA the victory is given to one who has more marks of CHALA.



ТАНБЕҲ
TANBEH

9. «TANBEKH» – to point at the participant with a forefinger TANBEKH is announced to the participant, who made minor violations:

a) the wrestler, running away in purpose, does not let the opponent catch him/her;

b) the wrestler pushes in purpose the opponent out of gilam (tatami) or himself/herself runs beyond the dangerous zone of gilam (tatami);

c) the wrestler disorders in purpose his/her clothes (unties or reties his/her belt, trousers without the sanction of the arbitrator);

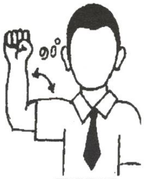
d) the wrestler grips opponent's trousers or legs;

e) after a grip, the wrestler does not make attacking actions during 8-10 seconds.

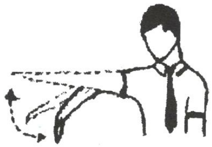
10. «DAKKI» – 1. to raise a hand, bent in elbow (90°), clenched in fist, with fingers turned forward, and the elbow thus is taken aside DAKKI is announced to the participant, who made a medium violation, or has already received a TANBEKH caution:

a) for repeated intentional falls on knees;

b) if the wrestler does not follow the arbitrator's commands, talks or cries out obscene expressions.



ДАККИ
DAKKI



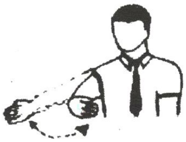
ҒИРРОМ
G'IRROM

11. «GIRROM» – to hold a hand, bent in elbow, being before oneself with a palm, directed towards one's body, then by a sharp motion to straighten the hand towards the punished participant GIRROM is announced to the participant, who made a serious violation, or has already received a DAKKI caution:

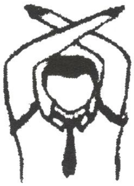
a) for obscene cries or gestures during the fight, offensive to opponent and referees;

b) if a wrestler is injured by fault of the opponent, he/she receives a KHALOL appraisal and the opponent receives a GIRROM caution.

12. "BEKOR" – to wave twice or thrice a straight hand, held out before oneself BEKOR command is used to announce a throw without result.



БЕКОР
BEKOR



ВАҚТ
VAQT

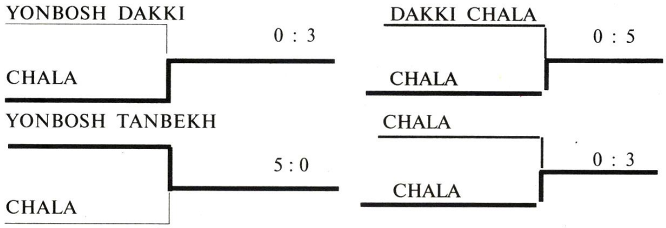
13. «VAKT» – to cross both hands above the head with palms directed downwards VAKT command is used to show the end of the fight.

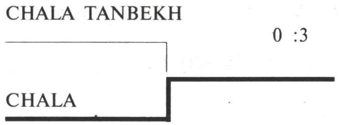
Notes: Gestures are shown with right and left hands according to color of yakhtak (uniform) of wrestlers standing on two sides of Arbitrator. When showing the gestures Arbitrator stands still in the center of carpet and should announce the corresponding commands with a loud voice.

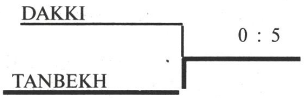
! The appraisals and cautions are announced with (10,5,3,1,0) numbers but they are not made up.

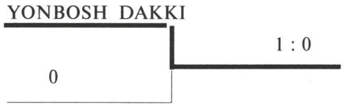
XXX. Results Of Fight

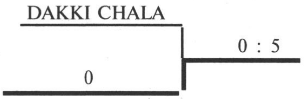
APPRAISAL		CAUTION	
KHALOL	10:0	GIRROM	0:10
YONBOSH	5:0	DAKKI	0:5
CHALA	3:0	TANBEKH	0:3
DAKKI-**YONBOSH**	0:10	**YONBOSH**-DAKKI	10:0
TANBEKH-**CHALA**	0:3	**CHALA**-TANBEKH	3:0
YONBOSH-**YONBOSH**	0:1	**DAKKI** - DAKKI	1:0
CHALA-**CHALA**	0:1	**TANBEKH** - TANBEKH	1:0

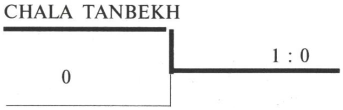

YONBOSH DAKKI
CHALA
0 : 3
DAKKI CHALA
CHALA
0 : 5
YONBOSH TANBEKH
CHALA
5 : 0
CHALA
CHALA
0 : 3

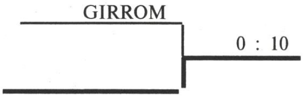

CHALA TANBEKH
0 :3
CHALA


DAKKI
0 : 5
TANBEKH


YONBOSH DAKKI
1 : 0
0


DAKKI CHALA
0 : 5
0


CHALA TANBEKH
1 : 0
0



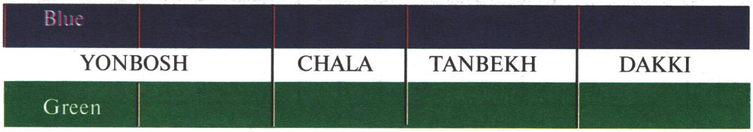
XXXI. Forbidden Actions

1. Grips of trousers of the opponent.
2. Application of methods, which may cause dangerous injuries.
3. Application of painful, strangling techniques.

XXXII. Appraisals On Scoreboard

1. At every gilam (tatami) there must be a separate scoreboard. The received appraisals must be shown on a two-color scoreboard:

As shown above, appraisals and cautions should be in two colors. Between two colored lines there should be white line for designation of nomination of appraisals and cautions.



Blue				
YONBOSH		CHALA	TANBEKH	DAKKI
Green				

XXXIII. The Order Of Holding The Competitions

– Competitions are conducted according to the Olympic system;

– All wrestlers are divided into two (A and B) groups with the account of the strongests;

– The number of a wrestler is defined by a draw and is kept till the end of competition;

– The fighters with even numbers will form group A, with odd numbers group B;

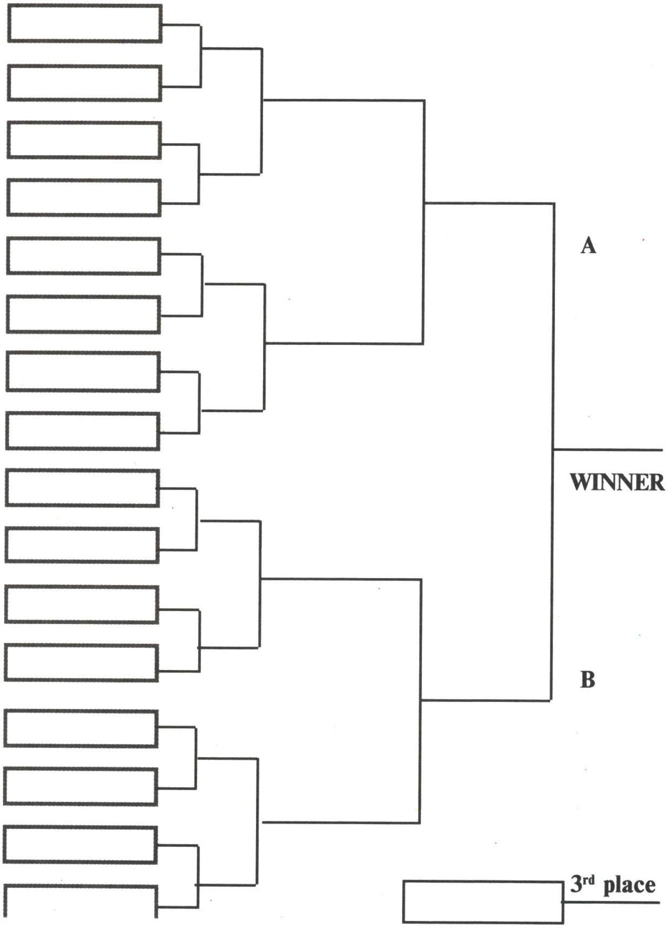
– The winners of the fights pass to the next level of competition;

– The winner from groups A and B will form a final pair and struggle for the 1st and 2nd places, those who have lost the fights get the 3rd place.

Кураш бўйича мусобақа баёни

A	Name & Surname		City	1	2	3	4	Result	Place
	1								
	2								
	3								
	4								

B	Name & Surname		City	1	2	3	4	Result	Place
	1								
	2								
	3								
	4								



Chief Referee______________ Secretary____________

International Kurash rules were created in 1991. Adopted by the First Foundational Congress of the IKA on September, 6, 1998 in Tashkent, Uzbekistan

TECHNIQUES AND TACTICS OF KURASH

Kurash is a respective type of martial arts and the win over the opponent is carried out via applying certain actions and techniques.

All the techniques of Kurash are called and practiced under 7 names: **supurma, chil, kushsha, yuk (yuklama), elka, bardor and yonbosh**. They are divided into hundreds of techniques.

One should have a notion of the Kurash techniques, the way of their performance and the grapple of two athletes in order to master the kurash techniques in perfection.

Kurash athletes face one another when they come to the gilam (tatami) and after Tazim (bow down) start the fight according to approved rules (Fig. 11). They also must sit down in one line with legs crossed placing the left leg behind the right one and hands on the knees (Fig. 12) once the coach gives command "**chordona**"

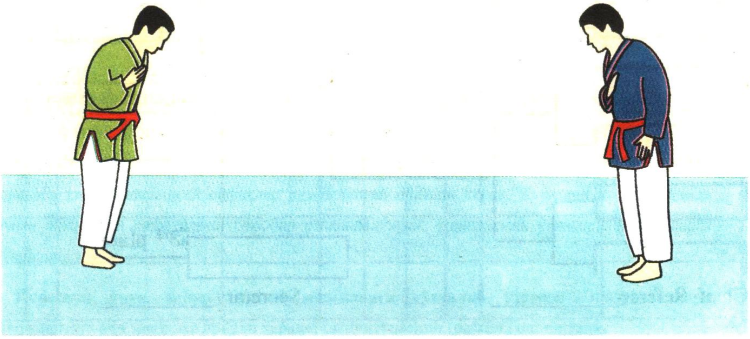


Figure11.

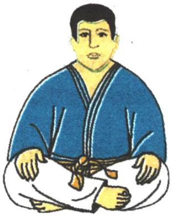


Figure12.

In Kurash a win is gained by disbalancing the opponent and applying permitted techniques. The painless, beautiful and harmless for the health techniques are divided into groups and taught separately. The techniques are carried out in standing position with the use of arms, legs and hip. The techniques are taught in this order, but the coach starts with simple techniques continuing with more difficult ones. Kurash trainings can be of three kinds: visual learning of a technique, practical contest and free bout to practice the technique.

The person who is trying to perform a technique is called “kurashchi” and his partner is “raqib”.

Anyone who wants to be a kurashchi (kurash athlete) should pay a careful attention to his physical readiness. Learning and doing different common and special exercises improve physical readiness. One should know the benefits, aims and differences between common and special physical exercises. A kurashchi should have perfect physical readiness as well as practice with acrobatic and gymnastics in order to be more flexible and faster. He should do weightlifting, running, cycling, rowing and swimming to be enduring. All the physical qualities of the kurashchi are connected with each other. For example, to be adroit it is necessary to be fast, to be fast it is necessary to have strength. To be enduring all the physical qualities should be developed. A kurashchi will achieve good results only once he develops all his physical qualities equally.

Some exercises necessary for the kurashchi: flexibility exercises improve swing. To develop flexibility every exercise should be practiced 16-18 times starting the exercise slowly gradually doing it faster. At the time of practice stretching muscles should not be overstrained.

The following exercises are advised to stay balanced:

1. Standing up on one leg stretching the second leg forward, backward and to sides.
2. Standing up with feet put together and bowing forward, to sides and backward and keeping hips unmoved rotating the body.
3. Standing up with feet put together and rotating hips round.
4. Doing above-said exercises standing on one leg.
5. Rotating body standing on one leg.
6. Hopping on one leg.
7. Jumping up and rotating body to 90°, 180° and 360° standing balanced.

Exercises to improve adroitness:

To have muscular strength a kurashchi can lift weight, but also do some other exercises. Slowly lifting weight bar putting it on the chest. Bending forwards with weight bar on the shoulders and doing sit-up in the same position. Lifting heavy weights and jogging with them. Jogging with the partner on the shoulders.

Doing exercises with special sport equipments. Pulling inside the sport equipment and applying supurma (sweep) technique. Practicing throws over shoulder. Lifting the opponent from the gilam up to hip or chest level without the opponent's resistance from different positions. Lifting the opponent in different positions and doing sit-up or bend down with the opponent on the shoulders.

Exercises to develop rapidity

Kurashchi should pay attention to the following things to improve this quality:

1. not to gain extra weight, do exercises develop rapidity, muscular strength not too much but very often.
2. passing a not very heavy rubber ball to each other and catching it in the air
3. stopping a ball coming in the air or rolling with the leg and kicking it to different directions.
4. speed running to short distance
5. high and long jumps
6. starting to run from different positions.
7. training neck muscles propping on the hands forwards and backwards.
8. doing chin-up

9. climbing-up a rope

10. hanging a yakhtak on the tree or a metal rod and pull up on the back to train finger muscles.

11. running to long distance (3-5 km)

12. pulling rope

Theoretical footing of Kurash techniques

Practically proved that an athlete wins over his opponent and gives good results when he rationally uses his strength and movements.

The aim of the athlete on the gilam (tatami) is to misbalance his opponent, perform a technique in accordance with competition rules and drop his opponent on his back. That's why it is very important for the kurashchi not to lose his balance. For this some conceptions should be clarified.

Balance area

Area within the line connecting balance points with each other is called - **balance area** (Fig. 13).

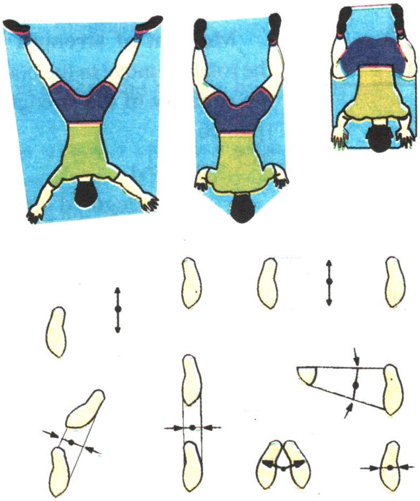
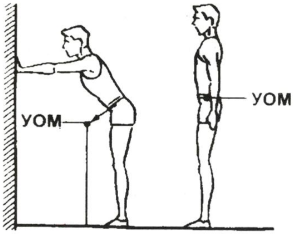
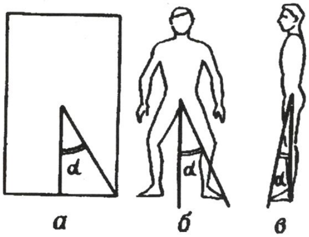


Figure 13.



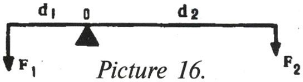
Picture 14.

The point of the body that does not change position when the body rotates is called – **general gravity center (short – GGC)**. The GGC of the person standing in upright position is on the level of the sacral vertebra of the backbone. The GGC can change its location depending on the position of the person and sometimes can be outside of the body (pic. 14).



Picture 15.

Firmness angle is the angle formed by the gravity line and the direct line connecting GGC with the respective edge. In different direction the firmness can differ. The firmness angel of the person standing with legs widely spread is more on the outer part of the leg and less in perpendicularly (pic. 15).



Picture 16.

Moment of strength is the impact of the rotating move to the body partly equaling the capacity of the strength to the shoulder (pic. 16).

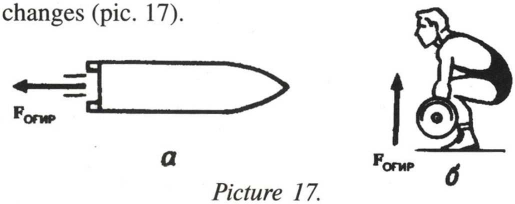
$M=F*d$

F – strength, d – shoulder

Strength impulse

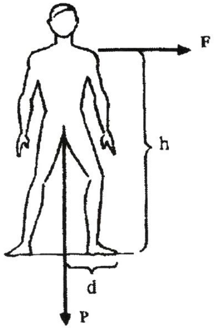
Strength impulse is the impact of the strength against the body during a certain period of time, (if the strength impact does not change its volume): t – time. $I = F * t$, or if it changes (pic. 17).

$$I = \int_{t_0}^{t} F dt$$



Picture 17.

From physics we know that firm balance of the body depends on the pass of the gravity line through the balance area. The firmness angle decreases as the gravity line comes to the edge of the balance area due to the bend of the body. The body starts to fall once the gravity line goes off the balance area (pic. 18).



Picture 18.

In order to misbalance the body some impact should be applied and at this the volume of the impact depends on its size and point of application i.e. moment of strength.

The strength that keeps the body balanced is called gravity. The impact contra influencing the gravity and is to remove the volume of the moment of impact and equals to the following:

$$M_{\text{firmness}} = P \cdot d$$

P – gravity, d – shoulder

The condition to keep the balance by the body is:

$$M_{\text{firmness}} > M_{\text{falling}}$$

The condition to misbalance is:

$$M_{\text{firmness}} < M_{\text{falling}}$$

For example, if 80 kg kurashchi (P-80) spreads his legs to 0,5 meters (d – 0,25 m) then,

$$M_{\text{firmness}} – 80\text{ kg} \cdot 0{,}25\text{ m} – 20\text{ kg/m}$$

To misbalance the opponent, F impact is applied on the shoulders (h – 1,6 m). In this case to misbalance the kurashchi F should be as follows:

$$F_{\text{falling}} > M_{\text{firmness}} = 20\text{ kg/m} : 1{,}6\text{ m} = 12{,}5\text{ kg.}$$

If F is on the waist level (h – 1,0 m), then to misbalance the kurashchi it should be more than 20 kg.

$$F_{falling} > M_{firmness} = 20\ \text{kg/m} : 1\ \text{m} = 20\ \text{kg}.$$

These are the case when the opponent does not resist. If the opponent resists and lowers his body for 27 cm (15 kg impact is necessary to apply for 1,6 m height):

$$F_{falling} - 20\ \text{kgm} : 1{,}33 = 15{,}04\ \text{kg} - 15\ \text{kg}$$

Taking into consideration the above-given examples the followings are advised to increase the impact against the opponent:

For the kurashchi (in attack)

1. To weaken the attacking force of the kurashchi, the shoulders should be narrower.
2. The level of firmness angle should be increased on the side from where the possible attack will come.
3. To slowdown the speed of the attack and to unable the attacker to perform the technique, the difference between moments of strength should be decreased.

For the opponent (in defense)

1. To increase the volume of impact against the opponent, shoulders should be wide and increase the impact.
2. To achieve the minimal level of firmness angle on the attacking side.
3. To have enough speed for the technique the difference between attacking and counteraction moments of strength should be increased.

COMMON TECHNICAL MOVEMENTS

Standing of the kurashchi

The kurashchi should stand in a position easy to attack, to defense, balanced and be able to perform any technique quickly. There are front, right and left side standings.

Actions and feint movements of the kurashchi

There are several types of movements: forwards, backwards, to left and right sides, left-forwards, right-forwards, left-backwards, right-backwards. The foot must be fully on the gilam during movements. When making movements the kurashchi must fully control his body. The opponent can misbalance the kurashchi at any time regardless how strong his stand is. That's why the kurashchi must always remember to intentionally move to the side to where the opponent pulls or pushes him as at the time when the kurashchi takes a step he props on one leg and can easily lose balance. For this reason he always must do a proper movement.

The kurashchi must do different movements otherwise the opponent can foresee his movement and perform a technique.

All the movements on the gilam must be done with an aim. At any position the kurashchi must move fast and properly. Feint movements include fast movements of the body, legs and arms, movements that mislead the opponent and do not disclose the possible attack. Such movements enable to apply a technique when the opponent does not expect it. To apply a well-practiced technique 3-4 feint movements would be necessary.

Forbidden (not allowed) actions

1. Gripping below the belt level i.e. on the trousers or legs
2. Holding or pressing on the neck or the head of the opponent with both hands
3. Gripping on the sleeve or collar twisting inside or placing finger inside of the sleeve or collar
4. Falling with the knee or elbow on the opponent's face or chest
5. Rolling the yakhtak around the opponent's head
6. Applying strangling or painful techniques
7. Continuing the fight when the opponent touches the gilam with the knee(s)
8. Holding opponents fingers.
9. Talking during the fight isn't allowed, if there's any necessity athletes have to ask the referee. When the athlete is moving on the gilam, alone or with someone else, moves forward, back, to the sides, at this time he shouldn't

lift the legs from the gilam, other way there's going to be a good chance for the opponent to fulfill attacking technique.

Self - defense

It's very important to be able to defense when thrown down and not to get injured. Every athlete should know how to fall down in a right way and know how to defense himself and his opponent to prevent injuries. The athletes should learn from the first lesson how to quickly stand up to the fighting position.

When fulfilling the technique of throwing and throwing down harmless falling is important for both athletes. That one who didn't learn how to fall properly will be always scared and careful, this can prevent him from becoming prominent kurashchi.

Kurashchi should first of all know his and his opponents GGC and no matter in what position he issyanding, he must know the propping point.

There are several directions of falling down:

a) back; b) to the side; c) forward. Each direction of falling down should be carefully learned. High-qualified athletes should also reiterate falling techniques. These exercises are important for warm-up.

When falling on the gilam first kurashchi's hands should be hit down and then his body, this will prevent from injury.

Falling back

To fall in a position of bended legs and body. To make one or two little steps back and at this moment bend the knees. When this exercise fulfilled quickly, to stand and to keep the distance in the position of somersould back To learn the hand position during the falling: to lie on the gilam with back, to pick both legs together, to press the chin to chest. Hands raise and hits to the gilam.During the hands hit the gilam they stretched forward, palm put down and fingers together. Angle of 45-50 degree will be between body and hand (Fig. 19).

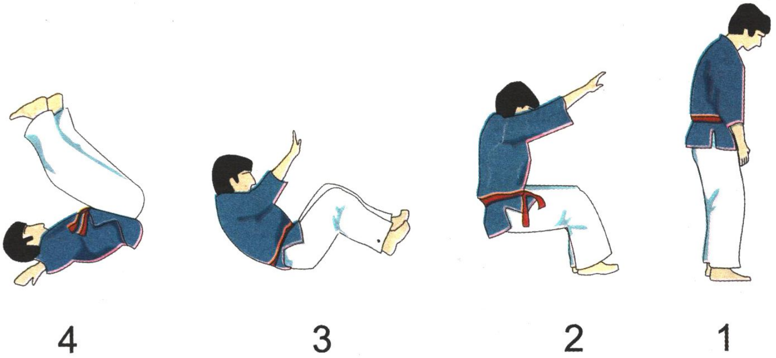


Figure 19.

Falling to the side

Falling side repeats often in Kurash, that's why one should pay more attention to this movement. In the position of standing upright, to put one leg forward, to bend attacking leg from knee. To fall side in the position of hitting hand, hand should hit before body. (Fig. 20)

To learn the last position in falling to the side: to lie with the right side on the gilam. To bend the knees and pull them to the chest, left knee bends and put on the gilam before the right calf, to press the chest with the chin and to bend the body down. The left knee lifts up and the right knee is put on gilam. The palm of the right hand should be below the body about 45-50°, put on the gilam and the left hand should be lifted up.

Exactly in this consecution and position this exercise fulfills to the left side too.

Now such fallings to the both sides should be learned in different positions.

To get over the opponent who leaned on the hands and knees on the gilam and fall: To go to the right side of the opponent who is leaning on the hands and knees and to turn back to him.To hold with the left hand from the shoulder of the opponent's yakhtak, right leg raises when it stretched, at this time right hand stretched forward. He falls back bending waistband, during the falling, when body comes close to the gilam, right hand moves forward from the falling body the last part of the wrist and the palm directed down to the gilam, hits, decreases the falling force, after the hands the body falls and after that the legs.

Exactly in such position and consequence falls to the right or to the left side.

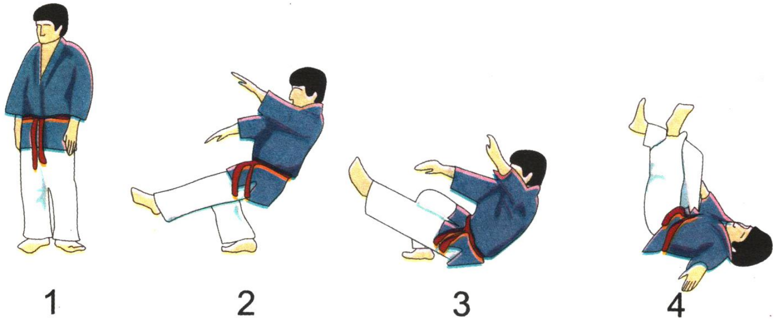


Figure 20.

Falling forward

There are 2 types of falling in this direction:

a) The exercise of making forward somersault (Fig. 21)

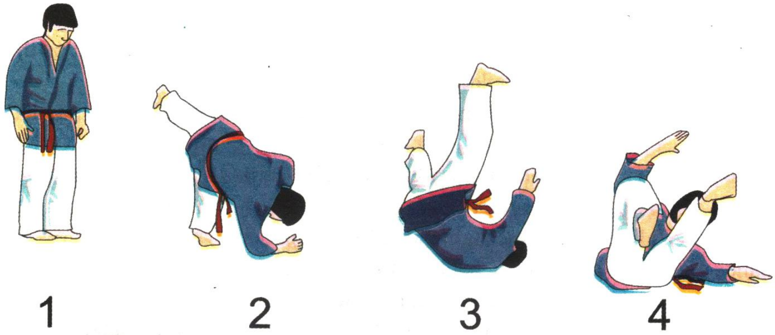


Figure 21.

b) Standing upright, to prop on the hands and fall forward (Fig.22)

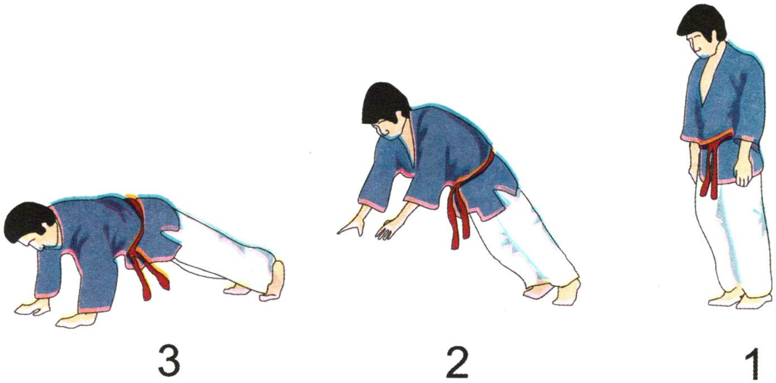


Figure 22.

Grips

There are various types of grips in Kurash, high-qualified athletes master thesr types of grips.

Convenient grip for apply a technique: This kind of grip is applied especially when the opponent wants to grip. Counter grip to the opponent's grip: when the opponent takes into account his convenient way of grip, it's possible to use the opportunity and to use the method when gripping in this manner.

Defense grips: It's such an inconvenient gripping which doesn't give a chance to the opponent and hinders him. But sometimes in this gripping using the methods is possible too.

While gripping it's necessary to observe the following rules:

1. If hands are free when holding, they don't get tired quickly and can affect the opponent very fast.
2. The athlete should fulfill the most convenient type of gripping and quickly change the technique, other way the opponent will have time to defense oneself.

3. Kurashchi should know different types of grips and with help of the grip should be able to use different methods and techniques.

Distances between athletes

There are 5 types of distances:

1. The distance without touching – position when athletes do not touch each other, but wait for the right moment to grip the opponent (fig 23).

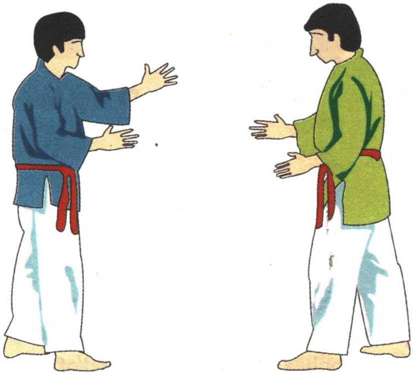


Figure23.

2. Long distance – when athletes hold one or both shoulders of the opponent (fig. 24).

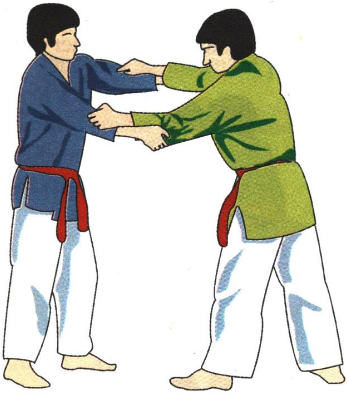


Figure24.

3. Medium distance – when athletes grip yakhtak's upper part with one hand and the sleeve with another one (fig. 25).

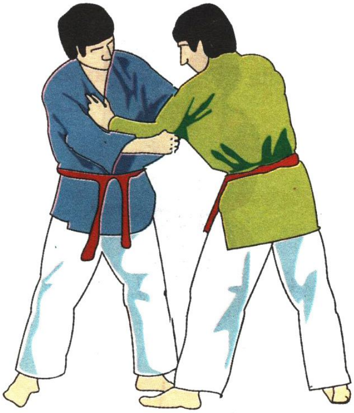


Figure25.

4. Close distance – when athletes grip the collar or sleeve with one hand and the belt on the front or on the side with another hand (fig. 26).

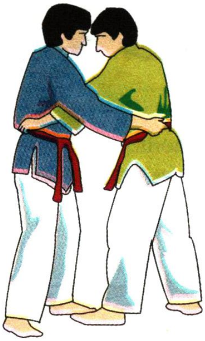


Figure26.

5. Very close distance – grabbing each other around the body then press with body and make a hook (fig. 27).

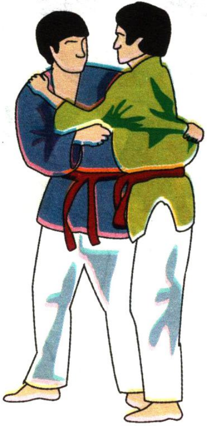


Figure 27.

Misbalancing the athletes

Misbalancing the opponent is the main part of techniques. There are several main methods of misbalancing:

1. Ahead – by the movement of both hands athlete is pushed forward and bended down, heels are pulled off the gilam and gravity center of the athlete directs forward (fig. 28).

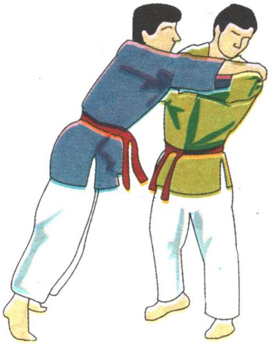


Figure28.

2. Back – by the movement of both hands athlete is shaken back, his body's bending back and his toes pull off the gilam and the vertical line of his gravity center moves back (fig. 29).

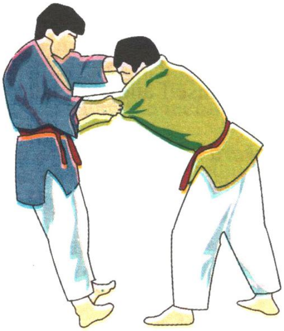


Figure 29.

3. To the right – left hand moves to the right and down, right hand moves to the right and up, impacting to outer part of opponent's right leg by left leg. Vertical line of gravity center moves to the right leg.

4. To the left – movements to the right are made symmetrical. Only the vertical line of gravity center moves to the left leg (fig 30).

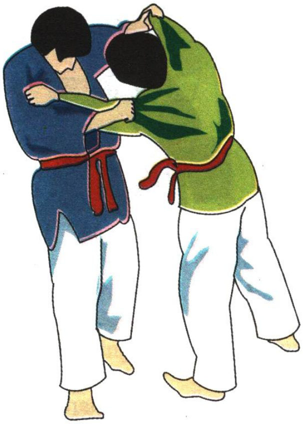


Figure 30.

5. To the right and forward – impacting to the right leg of the opponent by moving left hand upper himself and with help of right hand's moving up and to the right (fig. 31).

6. To the left and forward – all movements of the method to the left and forward must be made symmetrical.

7. To the right and back – coming close to the opponent with left leg, left hand moves to the right and down, right hand moves to the right and impacts the right leg of the athlete (fig. 32).

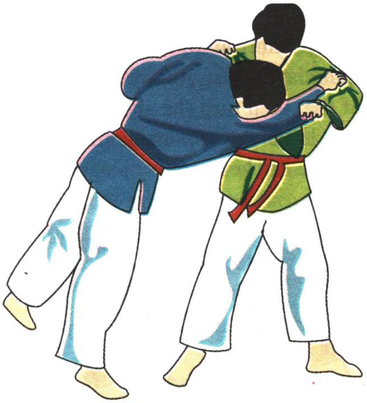


Figure 31.

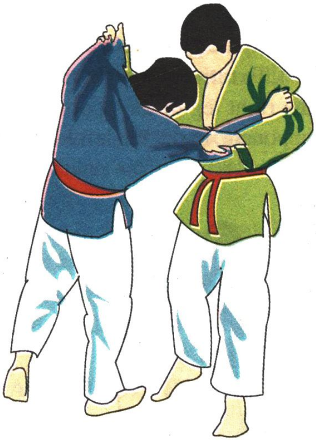


Figure 32.

8. To the left and back – all movements of the method to the right and back must be made symmetrical. Only the vertical line of center of gravity moves to the left leg of the athlete.

When misbalancing the opponent athlete should be stable and ready to show his technique methods.

When the athlete moving on gilam, his weight moves to the right or left leg and loses his stability. When performing these movements should be made very fast. It considered to be more convenient to misbalance the opponent to that side where he directs. Learning the technic of misbalancing the athlete should be when staying stable at one place.

After carefully learning, misbalancing methods should be learned during the movements. To reach good results helps only non-stop and regular exercises and labor.

Methods of coming close to the opponent

In kurash to fulfill the methods body should move to all sides fast and easy. This is very important in attack and in defense.

There are several main forms of turning:

To the right:

a) The position when the athlete stands right in front of the opponent (fig 33). To turn to the right the athlete should put his right leg forward, in front of the right leg of the opponent, on the tip of toe, then turn the shoulder to the opponent, to put the left leg in front of the left leg of the opponent, after that to turn to 180°, turn the right leg on the tip of the toe and keep convenient position.

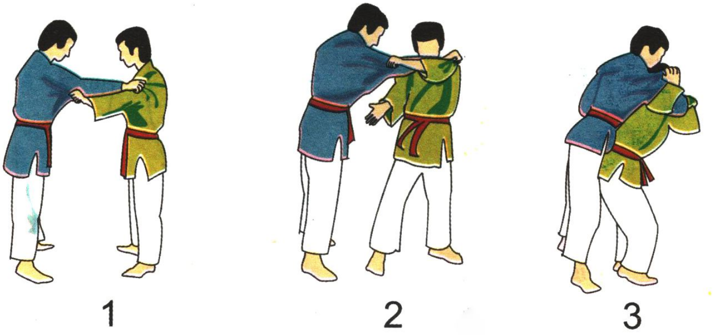


Figure33.

b) The position when the athlete stands right in front of the opponent (fig. 34). To turn to the right the athlete should put his left toe in front of the left leg of the opponent, then turn shoulders to the opponent and put his right leg between his and the opponent's left leg with one shake.

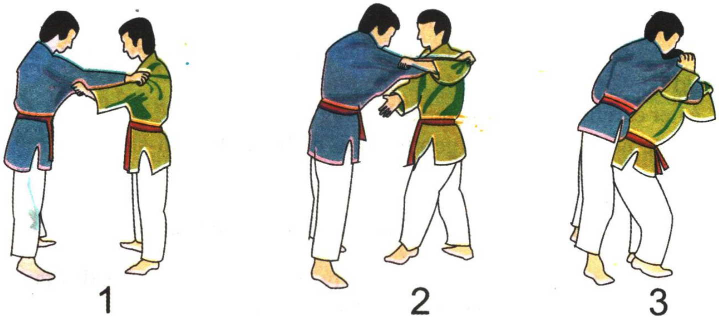


Figure34.

To the left:

a) The position when the athlete stands straight in front of the opponent. He has to put his left toe in front of the left leg of the competitor, it should be perpendicular.

Then turn it from previous position to 180°and turn to the opponent with shoulders, in the same time turning on the left toe athlete should take convenient position and turn the toe to the side.

b) The position when the athlete stands straight in front of the opponent. To turn to the left athlete should put his right toe in front of the opponents' right leg – in position of directing to the side. When turning shoulders he should put his left leg between opponent's and his right leg with one shake.

METHODS OF THROWING AND DROPPING

Methods of sweeping (Supurma)

According to the method athlete should take from the convenient place of opponent's yakhtak , misbalancing the opponent, to be sure, all the method's of sweeping with right or left leg is named "Sweeping".

Sweeping forward.

This method is very convenient, when the opponent moves or bends forward.

Previous position. The position when the athletes begins their struggle, The position when the athlete keeping under the opponent's both elbows, the position when keeping closer (fig. 35).

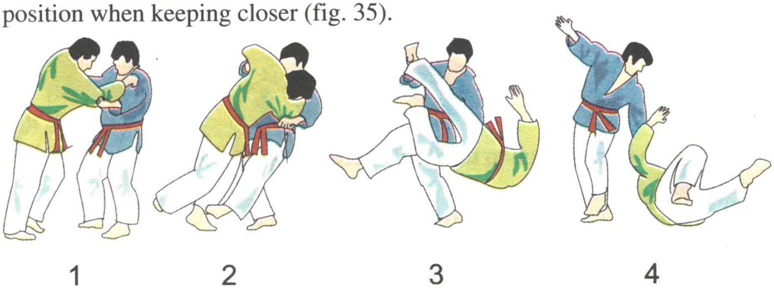


Figure35.

1- To put step a side with the propping foot, to shake the opponent with hand, to sweep his leg with the attacking foot.

2- To continue of shaking, turning opponent's shoulder, to sweep to his shin with the upper side of attacking foot.

3- Turning the opponent's shoulder, to pull off his body (legs) from the gilam.

4- After opponent's dropping direction becomes , athlete should drop his hand down, he has to give a chance to opponent for being carefully.

Types of grips

1. On both sleeves;
2. On sleeve and collar;
3. On sleeve and arm-hole;
4. On sleeve and belt.

Counter techniques

1. To resist the opponent with hands, to hit his attacking foot.
2. To put the attacking foot over the opponent's attacking foot and to sweep the opponent.

Defense

1. Not to give a chance to opponent to get out of gravity center.
2. Not to give a way to find right position to fulfill the method.
3. To be in a very close distance with the opponent.

Flaws

1. Not to turn enough to the side where the opponent wants to make the technique.
2. To go to the side of where technique applied.
3. To raise the heel.
4. Athlete bent knee.
5. Hands not pulled as needed.

To sweep from the side simultaneously making a step

It is easy to apply this technique when the opponent moves to the side.

Initial Position - position before the start of the fight.

Athlete when keep below opponents' elbow (fig 36).

1–to put step a side, to make the opponent to step together.

2– At the moment when the opponent puts his farther located foot on the gilam, continuing hand movement, attacking foot, to get free from his body weight, in position of raising elbows inside and up, to hit his foot with shin very fast from the side.

3–4– Throwing the opponent on the gilam by hitting him with the attacking foot on his both feet.

5– 6– When the opponent is about to fall back, to release his farther hand, to give him a chance to ensure himself, to put the attacking foot on the gilam and to keep firm position.

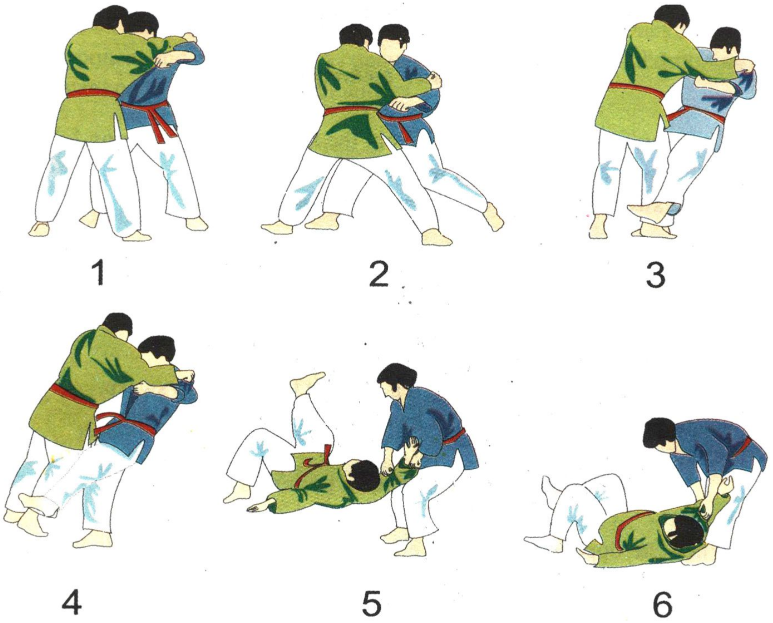


Figure36.

Types of grips

1. On both sleeves;
2. On collar and sleeve;
3. On collar and arm-hole.

Feint actions

1. Hitting from the side;
2. Hitting from the front.

Defense

1. To put attacking foot on the gilam;
3. To cross the attacking foot over the opponent's attacking foot.

Counter technique

1. To sweep at the same time from the side with the attacking foot.
2 To sweep from the side with the attacking foot.
3. To sweep in front with the propping foot.

Flaws

1. Hands action weaker than enough.
2. Lost synchronism in movements with the opponent.
3. To impact enough propping leg, but not to be able to sweep.
4. The direction of the pulling hands not shifted to other side.

To sweep inside of the opponent's footstep

When the opponent puts his feet wide, he moves back, pulls him and fulfills this method in convenient way.

Initial position - The start of the fight. Gripping the left or right sleeve and on collar (fig. 37).

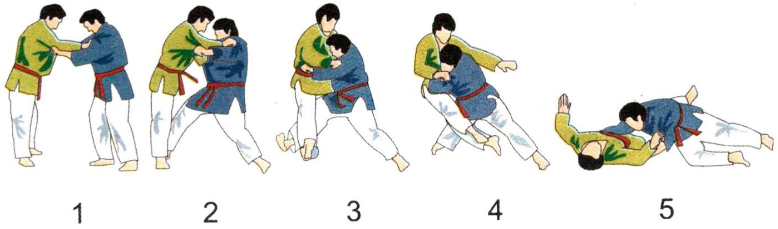


Figure 37.

1–To shake and pull, to move body weight to the propping foot.

2–3–The athlete puts wide step with his attacking foot, coming clo the opponent, without putting his foot on the gilam, entangling his heel li off the gilam.

4–5– Continuing moving forward, the athlete hits the attacking foot of the opponent and doesn't give a chance to put on the gilam and dropping the opponent on the gilam on his shoulders.

Types of grips

1. On the sleeve and the edge of the sleeve
2. On the sleeve and collar
3. On both sleeves
4. On the sleeve and back of the belt

Feint movements

1. From inside, lifting off the shin the gilam
2. From outside, hooking with the heel

Defense

1.Crossing the attacking foot over the attacking foot of the opponent

2. Shifting the weight of the body to the attacking foot of the opponent, placing it back and bending the body forward.

Counter techniques

1. Sweeping forward with the attacking foot
2. Crossing the attacking foot over the attacking footof the opponent and twisting with the hands.
3. Twisting in the opposite direction, pressing

Flaws

1. The propping leg of the opponent is too in backward
2. No hitting on the attacking foot of the opponent
3. Kurashchi not turned to side towards the opponent

Hooking from outside with the outer part of the leg

It is easy to apply this technique when the opponent is standing on one side. Initial position – athletes are standing on one side. Sleeves and collars are gripped (fig. 38).

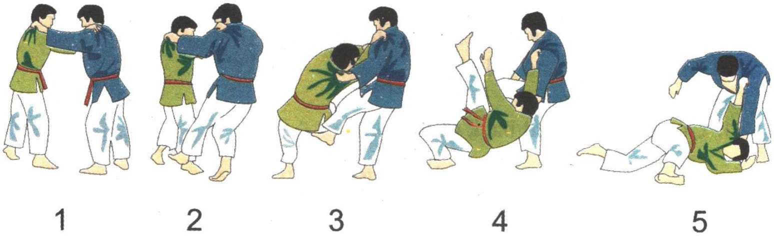


Figure38.

1- To hit the attacking foot of the opponent.

2- At the same time to approach the opponent with the propping foot and hooking the attacking foot of the opponent with the outer part of the foot.

3- To force the opponent make a backwards step with his week foot misbalancing him

Feint movements

1. To sweep from backward
2. To entangle with the outer part of the leg from inside.
3. To hook with the tip of the foot on the heel

Defense

1. To leave behind the attacking foot
2. To cross the attacking leg over the attacking foot of the opponent
3. Not to allow lift the attacking foot off the gilam by bending down

Counter techniques

1. To lift the opponent hooking from inside
2. To sweep on the heel from back

Flaws

1. Pressing with the body weight the attacking foot of the opponent not well enough
2. Kurashchi not turned to one side having approached his opponent
3. The foot of the opponent not well enough pressed
4. The rhythm of the technique breached when the propping leg of the opponent placed back
5. The opponent not well enough shaken and fallen down

CHEEL TECHNIQUES

All the techniques performed by gripping the right place, misbalancing the opponent and hooking the either left or right leg with the left or right leg of the opponent are called "Cheel".

Hooking with the shin from inside the same side leg of the opponent

It is considered easy to throw the opponent if his feet are spread widely, he moves back or pulls in.

Initial position – Position before starting of the fight. The left or right collar and sleeve of the opponent is gripped (fig. 39).

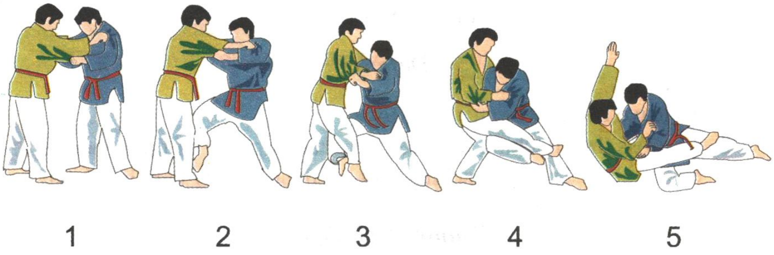


Figure39.

1– 2– Shaking to pull the opponent and force him to stand on feet tips simultaneously entangling the foot of the opponent.

3– Hooking the left or right foot of the opponent from inside and shifting the position of the hands to push the opponent to sides or backwards.

4– 5 – To hoop the attacking foot of the opponent and drop him pushing backwards.

Types of grips

1. On the sleeve and the collar not twisting
2. On the sleeve and the collar
3. On the sleeve and rear side of the yakhtak
4. On one sleeve

Feint movements

1. To entangle the shin from inside
2. To lift hooking from inside
3. To throw over the thigh
4. To throw over the hip

Defense

1. To cross the attacking foot over the attacking foot of the opponent
2. To bend down moving the attacking foot of the opponent backwards
3. Leaving the propping leg behind

Counter techniques

1. To hook on left or right shin
2. To hit the below part of the thigh
3. To throw attacking both foot

Flaws

1. The propping foot left behind or further
2. The attacking foot of the opponent kept on the gilam
3. Pushing the opponent towards the propping leg

Hooking with the shin the left or right foot of the opponent from outside

It is proper to apply this technique when the opponent pulls in or steps back.

Initial position - Position before starting the fight. To grip the collar and rear side of the opponent's yakhtak (fig. 40).

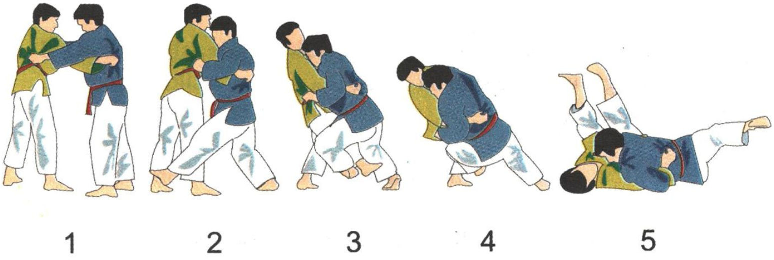


Figure40.

1–2–3 – The opponent is pulled in and shaken then the balance is shifted on his attacking foot continuing with the hook on the shin of the same foot.

4 – The opponent is tightly gripped around the body and lifting off the gilam thrown on the back.

5 – Once the back of the opponent touches the gilam he is pressed with the chest. The will make his back fully touch the gilam.

Types of grips

1. On the collar and the rear side of the yakhtak
2. On the rear part of the belt and the collar
3. On the upper part of the sleeve and the collar
4. Around the body of the opponent including the arms.

Feint movements

1. Throwing over the hip
2. Sweeping from the rear side

Defense

1. Turning to the attacker with other side placing the attacking foot back
2. Taking the hands off the opponent and knee down
3. At the final of the technique turning to the opponent with the chest and pull under own body.

Counter techniques

1. To lift and throw
2. To throw over the waist
3. To entangle with the shin on inside
4. Side sweep

Flaws

1. The opponent is not well pushed on the propping leg
2. The throws done from the propping leg side
3. The kurashchi falls under the opponent when throwing

Hooking on the inside with shin (Cheel)

To apply the cheel technique is easy when the opponent's feet are widely spread and pulls in.

Initial position – Either left or right collar and sleeves are gripped (fig. 41).

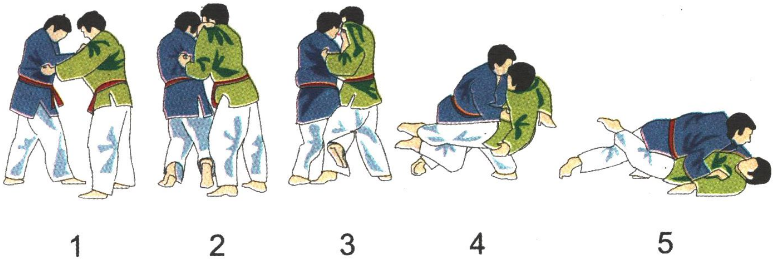


Figure41.

1 – The kurashchi step to closer to the opponent with the attacking foot bent inside

2 – By shaking to force the opponent to shift the weight of the body to the foot to be attacked

3–4–5 – Pushing the opponent drop him on the gilam by entangling the right or left leg. To hook from the inside the opposite leg of the opponent with the attacking foot and pushing him drop on the gilam.

Types of grips

1. On the collar and the sleeve
2. On both collars
3. On the sleeve and arm-hole
4. On both arm-holes
5. On the collar and rear waist level of the yakhtak

Feint movements

1. Throwing over the shoulder
2. Making a fore-trip

3. Making a rear-trip
4. Throwing over the hip
5. Sweeping the heel on the inside

Defense

1. Leaving behind the attacking leg and turn to side
2. Crossing the attacking leg over the attacking leg of the opponent
3. Pushing the opponent back not allowing to hook the attacking foot
4. Placing the propping leg back

Counter techniques

1. To sweep the attacking foot on side
2. To throw bending down
3. To make a fore-sweep on the propping leg
4. To throw back lifting on the thigh

Flaws

1. The attacking leg of the opponent is not loaded well enough
2. The propping leg of the opponent is not firm enough
3. The throw is done on the propping leg side of the opponent
4. The attacking kurashchi has not grabbed the opponent tightly and lifted on the thigh

KUSHSHA TECHNIQUES

The techniques performed by hitting with feet gripping the opponent's yakhtak as well as misbalancing at the same time are called "Kushsha" techniques.

Lifting from rear and front sides

It is easy to apply this technique when the opponent is bent backward. Initial position – Start of the fight. Both athletes grip on the arm-holes of the opponent (fig. 42).

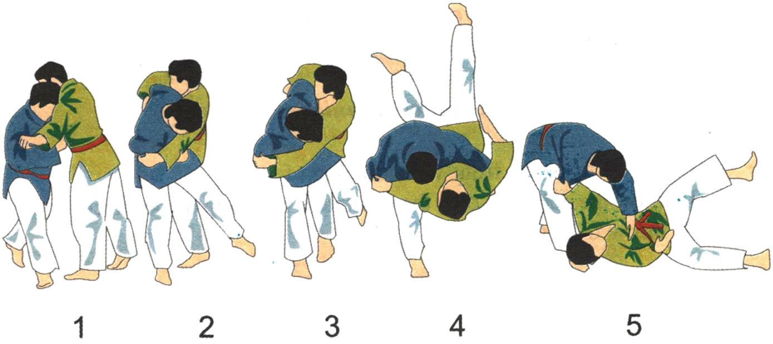


Figure42.

1 – To step forward and hook the propping leg of the opponent

2 – To keep misbalancing the opponent and throw him on the gilam lifting either left or right leg of the opponent with the attacking foot.

Types of grips

1. On the reverse side of the sleeve and collar
2. On the sleeve and collar
3. On the sleeve and arm-hole
4. On both arm-holes
5. On the sleeve and shoulder part of the yakhtak
6. On the belt and reverse side of the collar

Feint movements

1. To sweep on the inside
2. To make fore-trip
3. To hook the shin on the inside
4. To make a rear-trip

Defense

1. To bend down to the opposite from resisting side.
2. To put attacking foot back and to turn to the opponent with the chest.

3. To step to the rear side of the opponent. To throw the opponent to the side of his attacking foot.

Counter techniques

1. To sweep from the front with attacking foot.
2. To throw the opponent over the waistband with help of the attacking foot.
3. To throw over the chest

Flaws

1. The opponent is not misbalanced to the attacking side.
2. The propping leg of the opponent is not placed to the side of the opponent
3. Weak feet movements
4. The knee is bent when moving the feet

Lifting sweeping both feet

This technique is easily applied when the opponent is bent down or moves forward.

Initial position – Position before the start of the fight. The kurashchi grips on the sleeve and the reverse of the collar (fig. 43).

1 – Kurashchi makes a half step to the opponent gripping him shifts his weight him to left foot.

2 – Misbalancing the opponent steps to him and turning his back bend his knee.

4-5-6 – Hitting his left or right foot twists his body and lifting throws the opponent on the gilam

Types of grips

1. On the sleeve and reverse of the collar
2. On the sleeve and collar

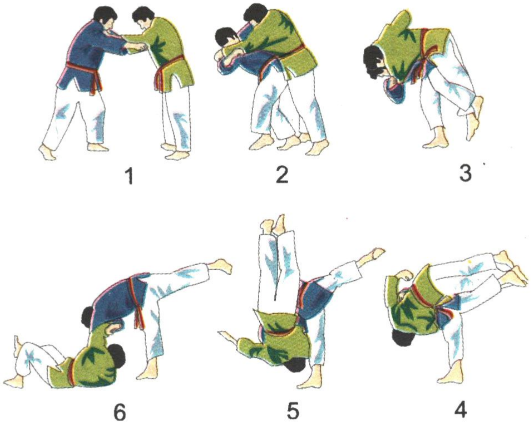


Figure43.

1. On the arm-hole and reverse of the collar
2. On both arm-holes

Feint movements

1. Making a rear-trip
2. To hook the shin from outside

Defense

1. To move to rear side of the opponent
2. To hook with one of the shins
3. To move in the same direction with the opponent
4. To lower down a bit blocking the opponent's hands
5. To straighten up and turn to the opponent by side moving unattacking leg forward.

Counter techniques

1. To throw over the chest
2. To overturn (turn back)

Flaws

1. Placing the attacking foot close to the opponent
2. The opponent is not misbalanced on the attacking leg well enough
3. The propping leg of the kurashchi is not bent down and the body not lowered

Kushsha (lifting and throwing) on the inside

This technique is easily applied when the opponent bent down spread his feet widely or moves forward.

Initial position – Position before the start of the fight. The kurashchi grips on the sleeve and the reverse of the collar (fig. 44).

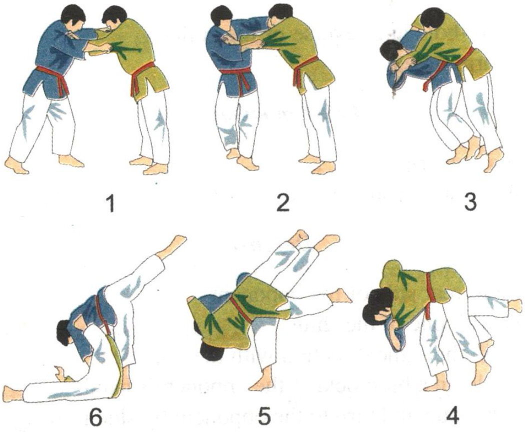


Figure 44.

1 – To make a half step with the attacking foot turning the foot inside

2 – To misbalance the opponent to the attacking foot and turning the attacking foot to place the propping leg close to the opponent to bend it down a little.

3–4–5–6 – To lift the opponent on the attacking foot and with hands twist him to sides, down, up and to throw him over the shoulder.

Types of grips

1. On the sleeve and the reverse of the collar
2. On the sleeve and collar
3. On the sleeve and shoulder part of the yakhtak
4. On both armholes.

Feint movements

1. Hooking with the foot from the outside
2. Sweeping on the heel on the inside
3. Hooking with the shin on the inside
4. Misbalancing

Defense

1. To move to rear side of the opponent
2. To move to the same side as the opponent
3. To cross over the attacking leg
4. To lower down blocking the opponent

Counter techniques

1. To hook the same foot with the shin
2. To twist the opponent forward overstepping the attacking foot
3. To throw the opponent bending down
4. Turn back to the opponent and throw over the waist

Flaws

1. The attacking foot is too close to the opponent
2. The propping leg not bent
3. The opponent too much twisted
4. The opponent twisted not enough

YUKLAMA TECHNIQUES

All the techniques performed by throwing the misbalanced opponent over the hip are called Yuk (Yuklama) techniques.

Throwing over the hip

It is easy to apply this technique when the opponent pulls towards himself.

Initial position – Position before the start of the fight. The kurashchi stands on one side gripping shoulder part and either left or right sleeve of the yakhtak (fig. 45).

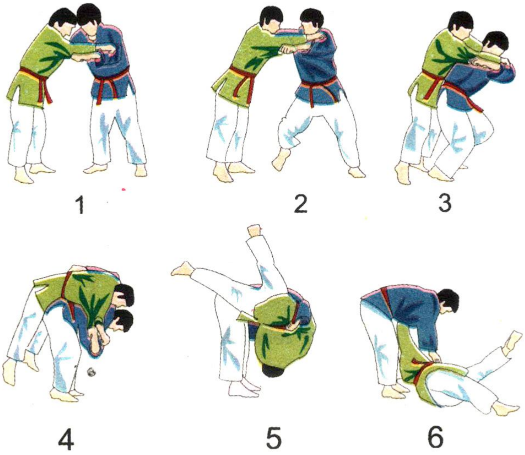


Figure 45.

1-2 – Pulling the opponent misbalance on the toe.

3 – At the same time to step towards the opponent, turning back to him lower down and pull him to the back.

4-5-6 – Bending down and lift him on the hip and throw over on the gilam.

Types of grips

1. On the sleeve and the rear part of the belt
2. On the sleeve and grabbing the whole body around
3. On the armhole and shoulder part of the yakhtak
4. On the reverse of the collar and shoulder part of the yakhtak
5. On the sleeve and front of the belt

Feint movements

1. To hook from outside with the upper part of the foot
2. Hooking on the inside with the shin
3. Sweeping the heel

Defense

1. To step to rear side of the opponent
2. To move to the same side as the opponent
3. To turn to the opponent by side and hit the knee of the stepping leg with the knee

Counter techniques

1. To throw bending down
2. To hook the same side foot with the shin
3. To lift and throw gripping the sleeve and belt

Flaws

1. The opponent not misbalanced to the toe well enough
2. When turning the second foot not placed forward

3. Kurashchi not lowered down under the opponent

4. When lowering down under the opponent not pushed forward and up well enough

5. Kurashchi steps to the opponent too lowered down

Throwing over the hip holding around the neck

It is easy to apply this technique when the opponent bent down.

Initial position – Position before the start of the fight. Kurashchi grips left or right sleeve of the opponent (fig. 46).

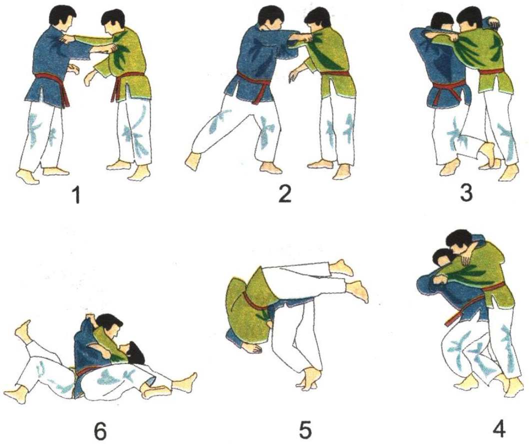


Figure 46.

1-2 – To step with one leg towards the opponent, shake him and misbalance on the toe.

3-4 – To keep shaking and with the other hand hold around the neck of the opponent, then turning back lower down under the opponent

5 – To bend down the opponent and lift on the hip and throw over on the gilam

Types of grips

1. On the sleeve
2. On the armhole
3. On the reverse of the collar

Defense

1. To set against the hip of the opponent when he turns
2. To move to the rear side of the opponent
3. To step to the turning side of the opponent
4. To lower down

Flaws

1. The opponent not misbalanced on the toe well enough
2. The hip not turned well enough
3. When throwing the opponent not misbalanced

Throwing over the hip gripping with one hand

It is easy to apply this technique when the opponent bent down or steps towards.

Initial position – Position before the start of the fight. Kurashchi grips on either left or right collar reverse (fig. 47).

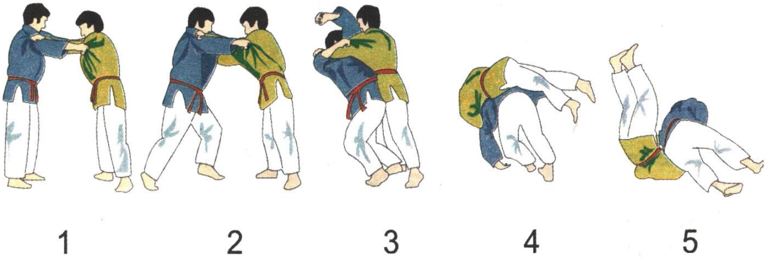


Figure 47.

1-2 – To step towards the opponent shaking with the gripped hand up to misbalance the opponent on the toe and lower down with one leg under the opponent

3 – To keep shaking with the gripped hand, the other hands lifted up and turn back to the opponent

4-5 – To turn and move to sides, forward and down pulling the opponent up and throw on the gilam

Types of grips

1. On the sleeve
2. On the armhole

Defense

1. To set against the hip of the opponent when he turns
2. To move to the rear side of the opponent
3. To step to the turning side of the opponent
4. To lower down

Counter techniques

1. To hook the same side foot with the shin from outside
2. To drop gripping one sleeve and the belt
3. To throw bending down

Flaws

1. The opponent not misbalanced on the toe well enough
2. The hand of the opponent pulled up-forward
3. When turning the kurashchi bent down
4. When performing the technique kurashchi not turned the whole body

ELKA (SHOULDER) TECHNIQUE

All the techniques performed by gripping the misbalanced opponent and throwing over the shoulders are called elka techniques.

Front elka (shoulder)

It is easy to apply this techniques when the opponent bent forward or leans against.

Initial position – Position befor the start of the fight. Kurashchi grips on either left or right collar and the sleev (fig. 48).

1- To make a step forward and shift the balance on the right foot
2–3–4 – To turn on left foot, shake and pull the opponent and forcing him shift the balance on the toe of the left foot simultaneously bending the knees lower down under the opponent lift him up.
5–6 – To keep lifting up on the shoulders and throw on the gilam

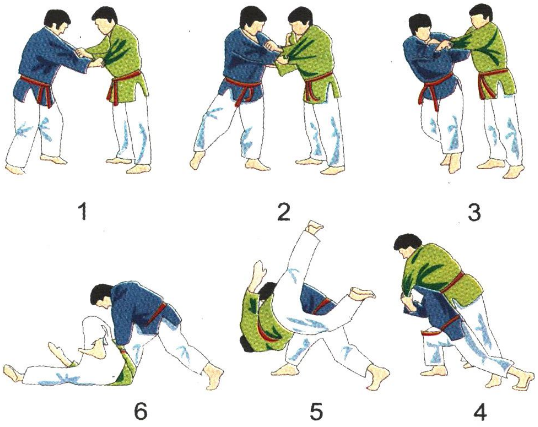


Figure 48.

Types of grips

1. On the sleeve and collar reverse
2. On the sleeve and armhole
3. On the sleeve and collar
4. On both collar reverses
5. On the sleeve and rear part of the belt

Feint movements

1. To hook with the heel from outside
2. To throw over the shoulder
3. To throw over the hip
4. To hook with the heel on the inside

Defense

1. To cross the attacking leg over the opponent's attacking leg
2. To step to rear side of the opponent, gripping on the reverses of the collar and sleeve disable him to move
3. To release the gripped arm by shaking

Counter techniques

1. To hook the same side shin from rear
2. To hook with the heel from outside
3. To lift with the shin from outside

Flaws

1. Not shifting the weight of the opponent to the attacking leg
2. The propping leg not bent well enough
3. Instead of pushing up-forward the kurashchi pulls inwards when the opponent steps towards him

Throwing over the shoulder

It is easy to apply this techniques when the opponent bent down or moves towards the kurashchi.

Initial position – Position before the start of the fight. Kurashchi grips on either left or right sleeve and the reverse of the collar (fig. 49).

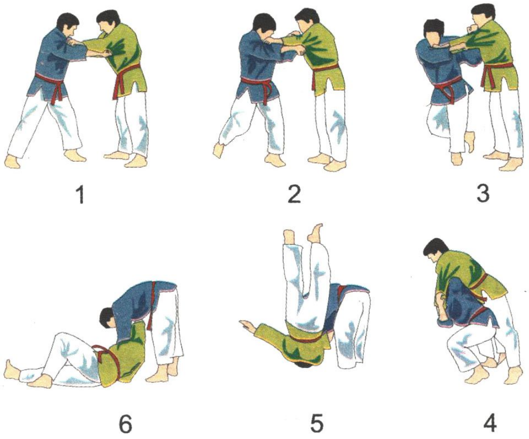


Figure 49.

1 - To make a half step towards the opponent turning foot inside.

2–3 – To pull the opponent and shift the balance on the left toe at the same time turning on the left foot to lower down under the opponent

4 – To keep pulling the opponent up-forward to make a curtsey under the opponent.

5–6 – To bend down and turning the opponent to side throw on the gilam

Types of grips

1. On the sleeve and reverse of the collar
2. On the armhole and the reverse of the collar

Feint movements

1. To hook with the shin on the inside
2. To hit the bottom of the him on the inside
3. To hook with the foot on the inside

Defense

1. To step to the turning side of the opponent
2. To move to the rear side of the opponent
3. To turn with side to the opponent
4. To lower down

Counter techniques

1. To lift and throw back
2. To hook the same side foot with the shin
3. To grip one sleeve and the belt and throw

Flaws

1. Hip not turned as necessary
2. Kurashchi not lowered under the opponent well enough
3. After the first shake, pulling the opponent stopped
4. After turning, legs not straightened up and the opponent to hit by hips

Throw over the shoulder gripping both sleeves

It is easy to apply this technique when the opponent is in upright position stretching arms forward.

Initial position – Position before the start of the fight. Kurashchi grips either left or right sleeve of the opponent (fig. 50).

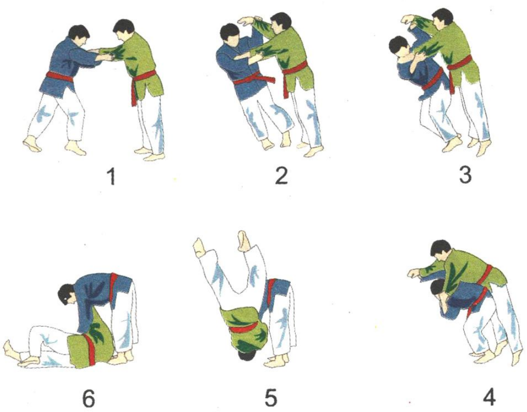


Figure 50.

1– To step towards the opponent with the right leg.

2-3-4 – To turn on the right foot, bend up the knee and turn to the opponent on back and lower down under him

5-6 – To keep pulling up-forward, bend down under the opponent, put the knees together, lifting the opponent on the back and throw on the gilam.

Types of grips

1. On the sleeve edges
2. On the sleeve edge and the elbow

Feint movements

1. To hit the foot on the inside
2. To make a rear-trip
3. To hook with the upper part of the foot from outside

Defense

1. To clasp elbow to the chest
2. To turn side to the opponent and lower down
3. To step to rear side of the opponent

Counter techniques

1. Side sweep
2. Rear-trip

Flaws

1. The attacking arm of the opponent not pulled up-forward as needed
2. Him not turned as needed
3. When turning pulling the hands weakened

Throwing over the shoulder via reverse grip

It is easy to apply this technique when the opponent's hand stretched forward.

Initial position – Position before the start of the fight.

Kurashchi grips either left or right sleeve and the reverse of the color in the reverse manner (fig. 51).

1– To make a half step towards the opponent and turn foot outside

2 – To grip with the right hand the left sleeve, turn on left foot back and with the right foot step between the legs of the opponent.

3-4 – To keep pulling up-forward, place the left foot to the right foot of the opponent and lower down under him.

5-6 – To keep pulling, turn body to side, hitting with the hip the opponent up throw him on the gilam.

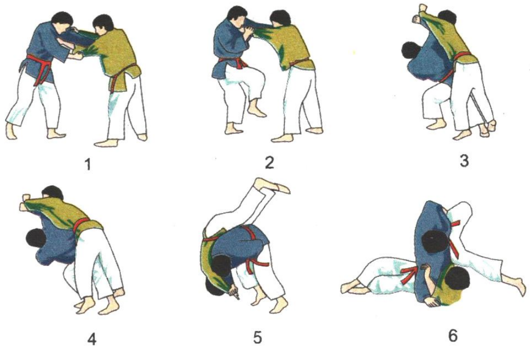


Figure 51.

Types of grips

1. On the sleeve and reverse of collar
2. On the sleeve and armhole

Feint movements

1. To sweep on the heel from inside
2. To make rear-trip
3. To throw over the shoulder

Defense

1. Not to allow to lift the attacking arm by keeping the elbow down
2. To turn side to the opponent and place the foot forward
3. To step to rear side of the opponent
4. To step to the same side as the opponent turns

Counter techniques

1. To make a rear-trip
2. To make a side-trip
3. To hook from outside

Flaws

1. The opponent falls in the free arm direction
2. The attacking arm of the opponent not pulled as needed
3. Kurashchi not lowered down under the opponent
4. Kurashchi turns hip not as needed

BARDOR TECHNIQUES

All the techniques performed by lifting the opponent and throwing are called Bardor techniques.

It is easy to apply this technique when the opponent bent down and moves towards the kurashchi.

Initial position – Position before the start of the fight

Kurashchi grips on the belt and either left or right collar reverse (fig. 52).

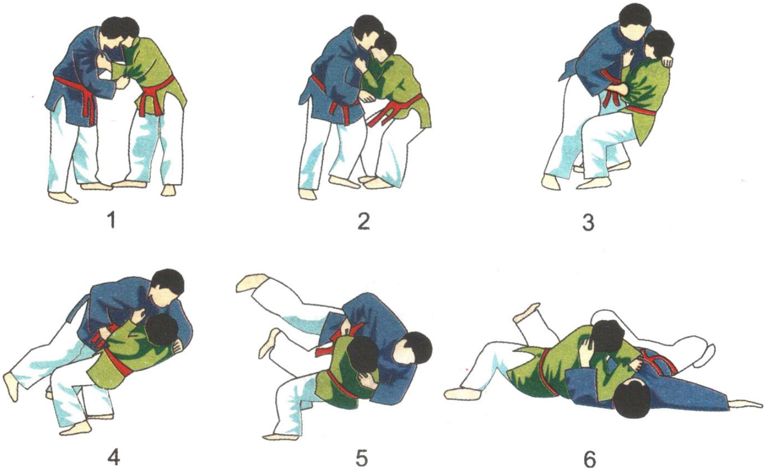


Figure 52.

1-2-3 – To step towards the opponent, lower down and press him to the chest and bend back.

4-5-6 – To keep banding back, pressing lift him off the gilam, falling back turn the opponent on the back and drop on the gilam

Types of grips

1. On the collar reverse and belt
2. On the sleeve and belt
3. On the armhole and belt
4. Grabbing around the body

Feint movements

Throwing over the hip

Defense

1. When falling turn facing the opponent and put out the leg

Counter techniques

1. To sweep the heel on the inside
2. To hook the opposite side foot with the shin from outside

Flaws

1. Not lowered down under the opponent as needed
2. When performing the technique kurashchi not bent back
3. When falling not turned facing the gilam

Throwing back over the leg

It is easy to perform this technique when the opponent pulls inwards or moves backwards.

Initial position – Athletes are in different positions. Grip on the shoulder part and collar reverse (fig. 53).

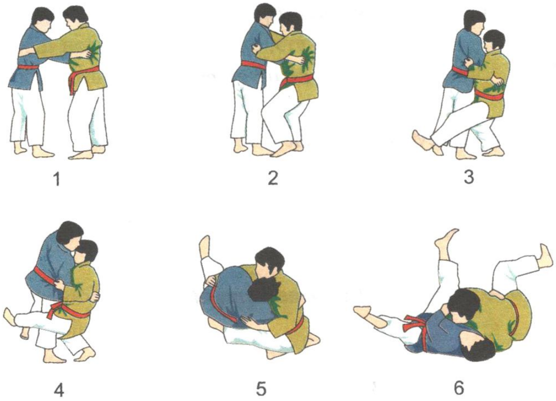


Figure53.

1- To step towards the opponent with the propping foot and shift the balance of the opponent on the attacking foot.

2-3 – To keep shifting balance to the attacking foot side, place the foot behind the opponent's foot and keep it off the gilam

4-5-6 – To fall to side with the opponent, dropping him on the back and turn facing the opponent.

Types of grips

1. On the shoulder part of yakhtak and collar reverse.
2. On the shoulder part of yakhtak and armhole.
3. On the shoulder part of yakhtak and collar.
4. On the sleeve and around the body.
5. On the sleeve and neck.

Feint movements

1. Throwing over the hip.
2. Making a rear-trip.
3. Making a fore-trip.

Defense

1. To step to the opposite direction of the attacking side of the opponent and shift the balance to the same side, at the final stage of the technique to press the opponent.
2. To turn toward the opponent and place the attacking foot back.
3. To bend down and place the attacking foot back.

Counter technique

1. To lift from rear side.
2. To sweep on the inside of foot.

Flaws

1. The opponent not misbalanced to the attacking foot well enough.
2. The proppig leg of the opponent placed in the back.
3. Throw, apply from the propping foot side.

YONBOSH (SIDE) TECHNIQUES

Kurashchi grips the yakhtak of the opponent, stands to the side and lifts with the leg and throws. All the techniques performed in this manner are called "Yonbosh" techniques.

Side yonbosh

It is easy to apply this technique when the opponent standing by side.
Initial position - Position before the start of the fight
Kurahschi grip the hand and the rear part of the yakhtak (fig. 54).

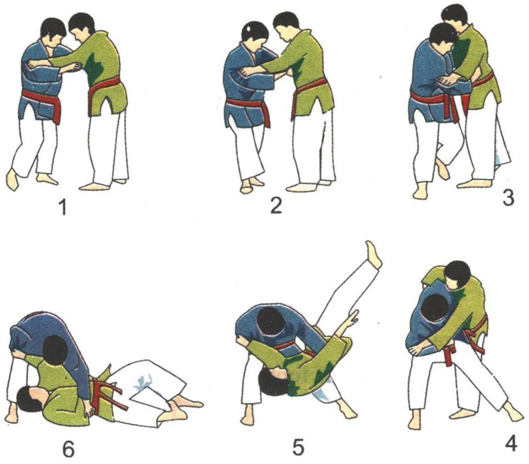


Figure54.

1—2 — To step to either left or right side, shift the balance to the left side, continue the movement and lift the opponent.

3—4 — To continue moving the body to, to place the left foot beside the left foot of the opponent.

5—6 — To twist the opponent in circle inward-down, to side and throw on the gilam.

Types of grips

1. On the sleeve and reverse of collar.
2. On the sleeve and collar.
3. On the sleeve and armhole.
4. On the sleeve and shoulder part of yakhtak.
5. On both armholes.

Feint movements

1. To hook from outside with the upper part of foot.
2. To throw over hip.
3. To hit with the shin on the inside.

Defense

1. Turning to the opponent and draw the attacking foot back.
2. To cross the attacking foot over the opponent's attacking foot.
3. To step to rear side of the opponent.

Counter techniques

1. To left on either left or right leg and throw.
2. To throw bending back.
3. To sweep from front.
4. To make a step and sweep at the same time.

Flaws

1. Opponent's balance not fully shifted to the attacking foot.
2. Kurashchi stepped to side not as needed.

Yonbosh from rear side

This technique can be applied when the opponent mves back or pulls inwards.

Inititial pisition - Position before the start of the fight

Kurashchi grips on the sleeve and collar (fig.55).

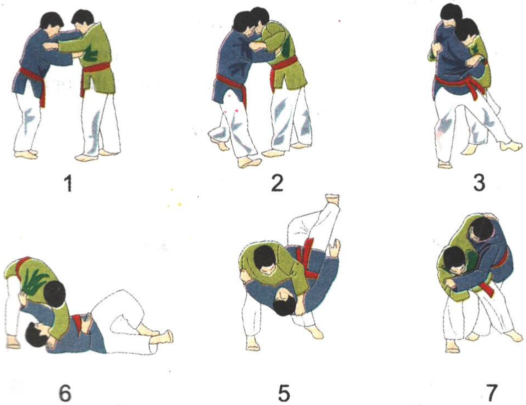


Figure55.

1–2 – To step with the right leg from side to the rear of the opponent. To force the opponent to shift the balance to the heal of left foot.

3 – To lift from rear side of either left or right foot forcing him fall down.

4–5–6–To twist the opponent in circle and throw him on the gilam.

Types of grips

1. On the sleeve, reverse of the collar.
2. On the sleeve and collar.
3. On the sleeve and armhole.
4. On the sleeve and shoulder part of yakhtak.
5. On both armholes.
6. On the belt and sleeeve.

Feint movements

1. To hook from outside with upper part of foot.
2. To hook on inside with shin.
3. To throw over hip.
4. To hit on inside with the heal.

Defense

1. To leave back the attacking foot.
2. To step to rear side of the opponent and strait up.
3. To bend forward, hit the propping foot of the opponent.
4. To cross the attacking foot over the attacking foot of the opponent.

Counter techniques

1. To make a rear-trip.
2. To lift on either left or right leg and throw.
3. To force the opponent to sit down using thigh.
4. To throw bending back.
5. Front sweep.

Flaws

1. Balance of the opponent shift to the propping foot not as need.
2. The propping foot of kurashchi placed in the back too much.

FEINT MOVEMENTS DONE IN SEVERAL DIRECTIONS

To sweep under the heel from inside, throwing over the shoulder.

Initial position - Position before the start of the fight. The position when the opponent grips on the left or right collars of the athlete. (fig. 56)

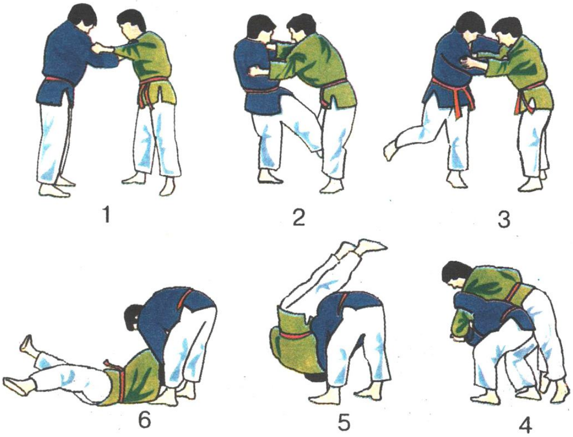


Figure56.

1-The athlete attempts to sweep under the heel.

2-The opponent puts back his attacking foot, bends forward; it's very convenient position for throwing over the shoulder.

3-4-5-6- To put back attacking foot, to turn under the opponent's body, to grip on the part of shoulder, it's possible to throw over the shoulder to the side. At the moment when athlete applies the technique of sweeping heel from inside, it's possible to do this feint movement (fig. 57).

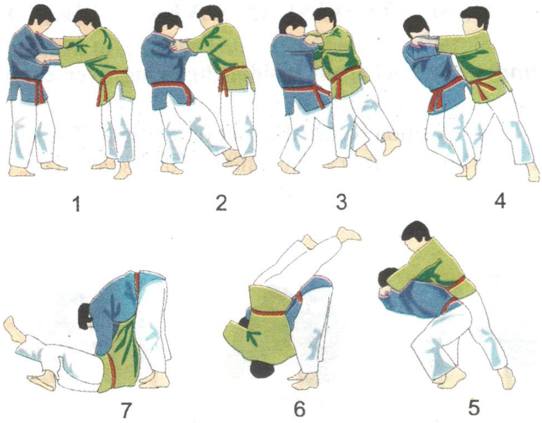


Figure57.

2. To sweep on the heel on the inside – fore-trip

Initial position - Position before the start of the fight. The athlete grips on left or right collar (fig 58).

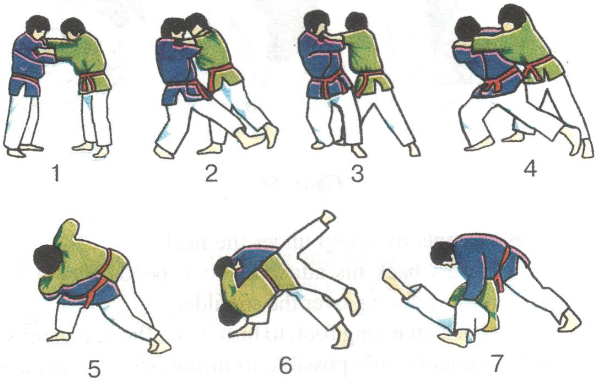


Figure58.

1-2- The athlete attempts to throw sweeping on the inside.

3-The opponent protecting himself, put his foot rear side and bends forward, he'll be in convenient position to throw making fore-trip.

4-5-6-7- To put attacking foot on the gilam, turning under the opponent's body, to make fore- trip in that direction

3. Rear-trip -to trip up forward of both feet.

Initial position - The position when the athletes begin fighting. Opponent grips on left or right sleeve (fig. 59).

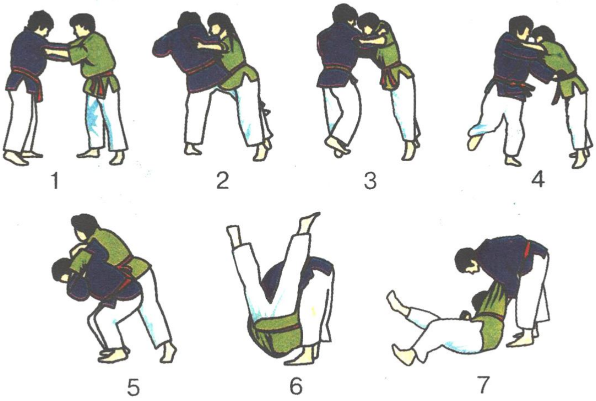


Figure59.

1-2- The athlete puts step towards the opponent, grabbing the belt, he attempts to apply the technique and make rear-trip. The opponent protects himself and bend forward.

3-4-5- The athlete turns back to the opponent with his propping leg, trips up from forward both feet.

4. Rear-trip- throwing over the shoulder.

Initial position - The beginning of the fight. The opponent grips on left or right collar (fig 60).

1-2- To put step towards the opponent, to sweep from back side. The opponent protecting himself, he puts back side his attacking foot and bend forward.

3-4-5-6-7- Coming back and turning on the propping leg to the opponent side with back, he fulfills the method of throwing over the shoulder by keeping the opponent's hand on the shoulder.

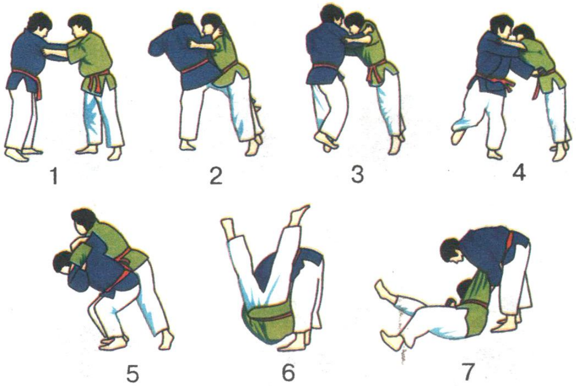


Figure60.

5. Sweeping with footstep from outside - front elka (shoulder)

Initial position - The athletes stand in several position. The opponent grips on left or right collar and sleeve (fig 61).

1-2- Shift the opponent's balance to the attacking foot, he attempts to hook and drop with footstep from outside.

3-The opponent protecting, he steps with attacking foot over the athlete's attacking foot.

4-5-6-At the moment of stepping over, force attraction of the opponent's hand changes to the opposite side and trips up in front

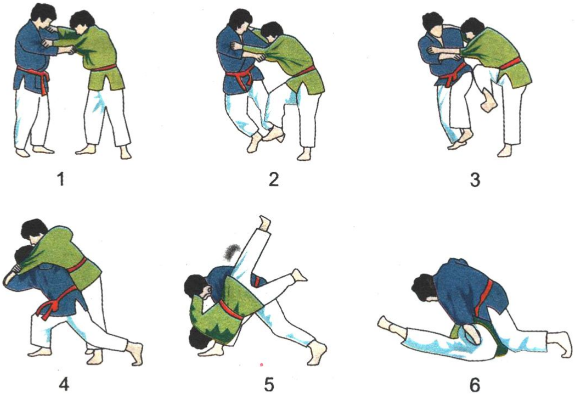
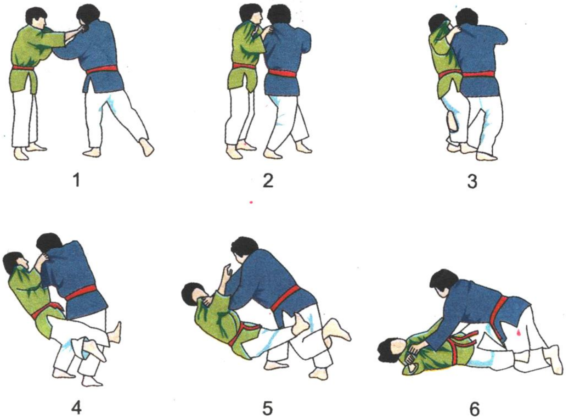


Figure61

6.To throw over the shoulder - to hook left or right leg on the inside with the shin.

Initial position -The position when the athletes begin fight. The opponent grips athlete's both collars (fig. 62)



Picture 62.

1-To shake off with hands, to pull toward himself and to turn, in the position of lowering body, to attempt to throw over the shoulder.

2- The opponent resists, bends back and push with his hand.

3-4-5-6- To change the movement to the opposite side with the hands, in the position of turning to the opponent with face, to drop the opponent on the gilam with hooking with shin from the inside.

1. Throwing over the hip – to chil from the back

Initial position – The athletes stand in front of each other. Grip on left or right reverse side of the collar and sleeve (fig. 63).

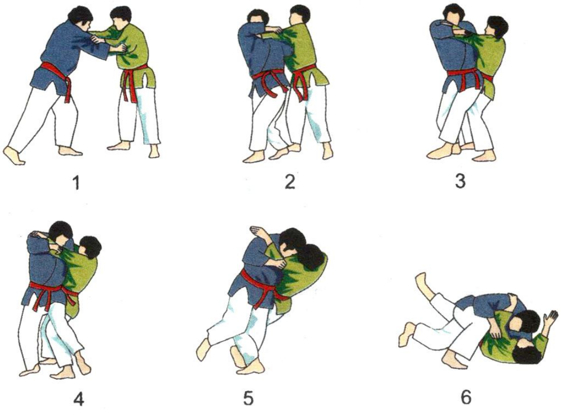


Figure63.

1- To try to shake the opponent pull him and drop over the shoulders.

2- The opponent protects himself, moves to the side and turns back.

3- 4-5-6- To change hands' position by pushing the opponent, in the position of turning to him trip him up from the back. There can be feint movements: to keep his hands and to drop him over the shoulders (fig. 64).

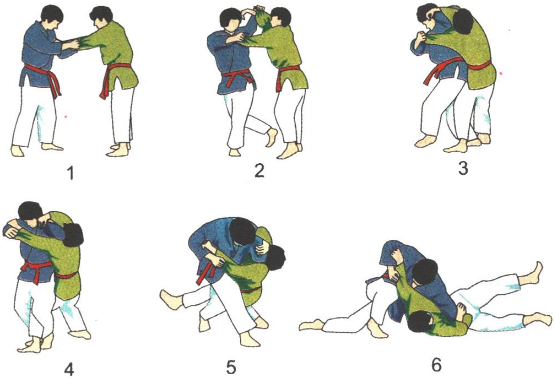
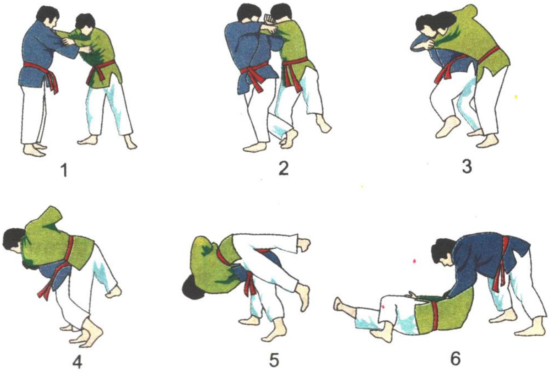


Figure64.

FEINT MOVEMENTS IN THE SAME DIRECTION

1. To throw over the shoulders – fore-trip

Initial position - The beginning of kurash
The athlete is gripped on left or right reverse side of collar (fig. 65).



Picture 65.

1- Pull the opponent strongly shaking him, to turn under his body and to try to throw him over the shoulders.

2- The opponent protects himself and moves to the turning side of the athlete.

3- 4-5-6- To continue shaking fore-trip the opponent.

1. Fore-trip - to bend knee, to throw over the shoulder.

Initial position -The beginning of the fight. The athlete is gripped on left or right reverse side of collar (fig 66).

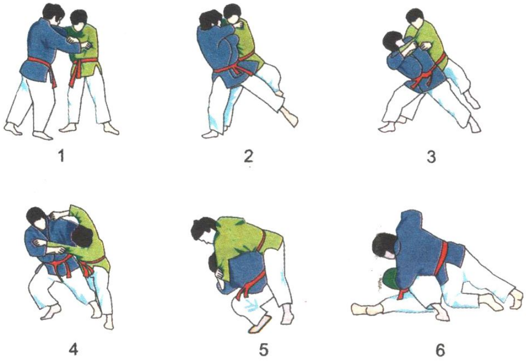


Figure66.

1–to try to apply fore-trip method.

2–3– The opponent presists, steps with his attacking leg over the athlete's attacking foot.

4–5–6– The opponent puts his attacking foot on the gilam, after that his hands shakes and his distance moves to this foot and turns,throws and drops over the shoulder bending knee.

3. To throw over shoulder by reverse grip - To throw over shoulder by keeping left or right reverse side of collar and sleeve.

PP- The beginning of the athletes fighting.

The athlete is gripped on the reverse side of collar and sleeve by reverse grip.(fig 67)

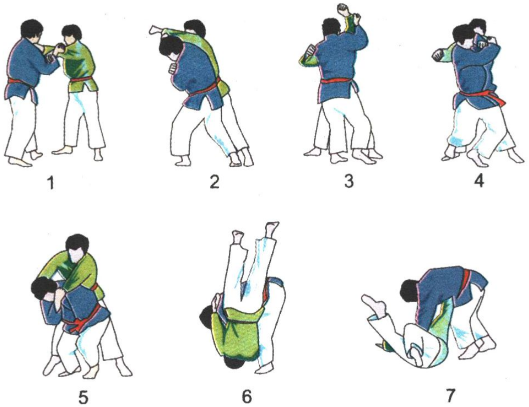


Figure67.

1-To shake strongly and raise of the gripped hand, to try to throw over the shoulder reverse gripping .

2-The opponent protects himself moves side.

3-4-5-6-7-Moveing back, to turn under the opponent’s body to the side and to throw over the shoulder.

After the throwing over the shoulder, one can fore-trip with the gripping reverse (fig. 68).

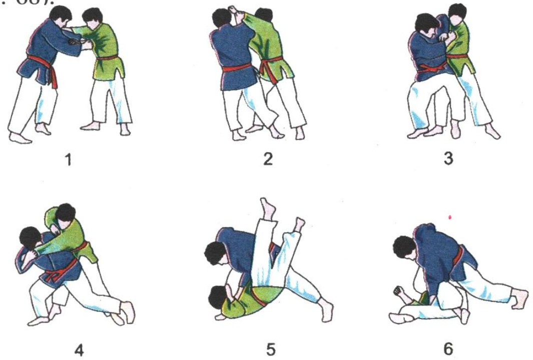


Figure68.

4. To sweep from side-to throw over the shoulder

Initial position - The athletes are in different positions.

The athlete is gripped on left or right reverse of collar and sleeve (fig. 69).

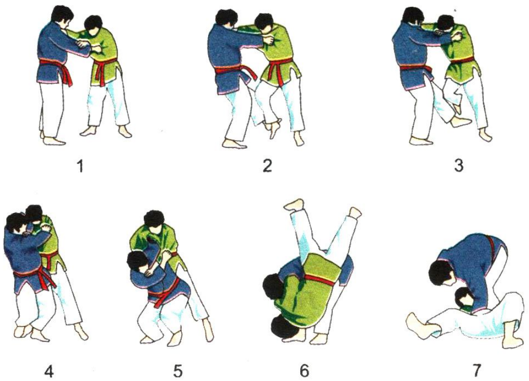


Figure69.

1-To shake with hands towards the opponent's attacking foot and to try to trip up from the side.

2-3- The opponent protects himself, steps with the attacking foot over the athlete's attacking foot .

4-5-6-7- Pull the opponent by strongly shaking him and bends knees under the opponent's body to throw over the shoulder.

5.Fore-trip from back- to chil the distant leg from back with the shin.

PP- The beginning of the athletes fighting. The athlete is gripped on left or right reverse side of collar and sleeve. (fig 70)

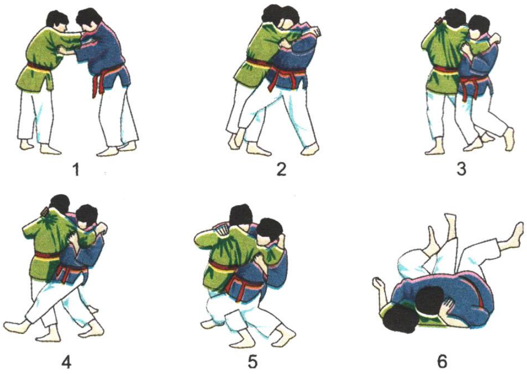


Figure 70.

1-2-To move the opponent's balance to his attacking foot , to try to trip from back by stepping

3-The opponent protects and leaves his leg back.

4-5-6- To continue moving, to remove the balance of the opponent to his back foot, to hook him with left or right leg and to drop. If the opponent defenses and puts his leg far and there's no chance to hook him, the athlete can throw him back over the leg. (fig 71)

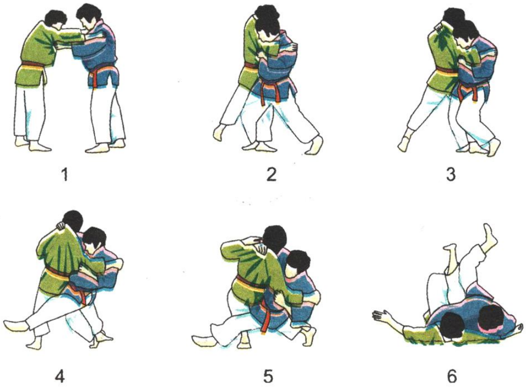


Figure 71

6. To make a rear-trip with left or right foot .

Initial position – The beginning of the fight.
Kurashchi grips on either left or right reverse of the collar. (fig 72)

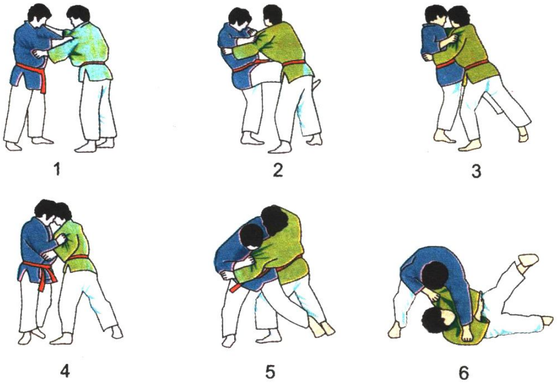


Figure 72.

1–2 – To shift the balance of the opponent to his attacking foot, to try to make rear-trip him with right foot.

3–The opponent defenses, puts his attacking foot back, moves to another side of kurashchi.

4–5–6– To return back, to pull the opponent's balance to the side of another foot and to make rear-trip with left foot.

7. To entangle the leg from the inside with the shin- to sweep the heel with the heel from the inside.

Initial position – Kurashchi stands at one side. Grips on left or right reverse side of the collar and the arm-hole. (fig 73)

1–2–To step to the opponent's side and to try to entangle his right or left leg.

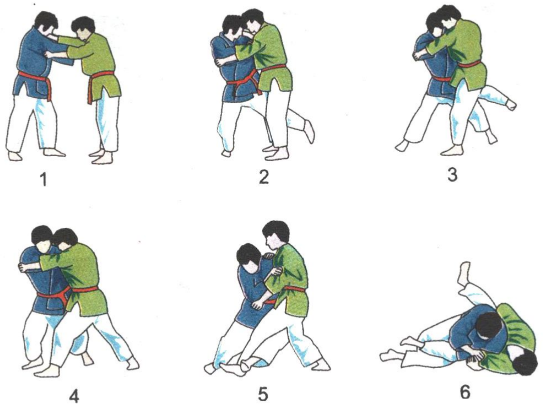


Figure 73.

3-4-The opponent defenses and moves over the attacking foot of kurashchi and leaves him back.

5-6-To grip the opponent on his left or right sleeve, to pull him back and down and sweep him with the heel from the inside.

8. To hook the heel from the outside - to make rear-trip.

Initial position - kurashchis (athlestes) stand in different positions. Kurashchi is gripped on the collar and left or right sleeve. (Fig 74)

1–To misbalance opponent to the attacking foot and to try to hook him with the heel from the outside.

2–3– The opponent defenses and moves over the attacking foot of kurashchi and leaves him back.

4–5–6– To step to the other side, to drop the opponent by rear-tripping him.

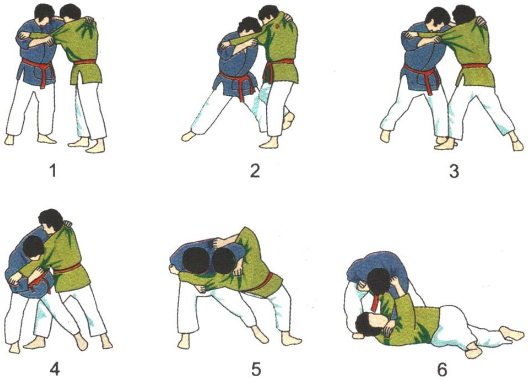


Figure74.

COUNTER TECHNIQUES

High qualified kurashchis (athletes) should be able to attack back to any of opponent's counter techniques. That means he should master all the counter attacking techniques. Best kurashchis of the world must use each even small flaws of the opponent.

There are several types of counter techniques that should be always used with above-mentioned counter techniques:

1. To sweep from the side- resweep from the side

Initial position - The beginning of the fight.

Kurashchis grip on left or right reverse side of collar and by sleeve.(Fig 75)

1 - The opponent tries to sweep from the side.

2 - Hand moving of the opponent is made weaker and the attacking foot is pulled back.

3-4-5-6- To sweep back the attacking foot of the opponent.

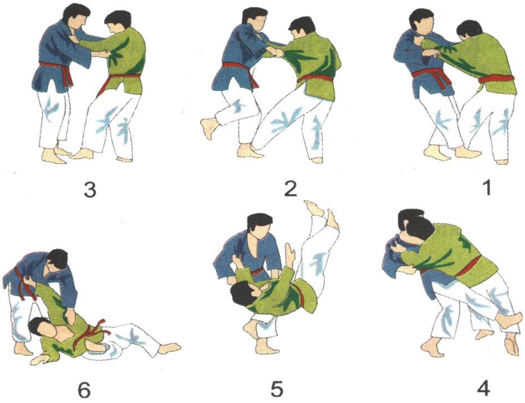


Figure 75.

2. To sweep under the heel from the inside- to sweep from the front.

Initial position - The beginning of the fight.

Kurashchis grip on the left or right reverse side of the collar and the armhole. (Fig 76)

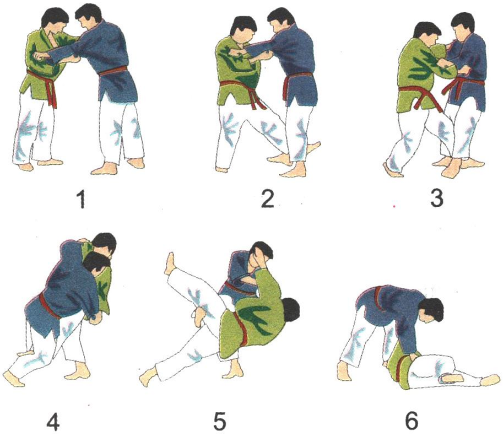


Figure 76.

1–2–The opponent tries to sweep from the inside with the heel.

3–4–5–6– Kurashchi turns back a little, turns the opponent with hands, sweeps from the front propping leg of the opponent with attacking leg.

3. To hook from the inside with the shin – lift with the use of thigh.

Initial foot position - The beginning of the fight.

Kurashchi grips on left or right sleeve and yakhtak's shoulder.

1.The opponent makes a step to the side of kurashchi, tries to hook the foot from the inside with shin.

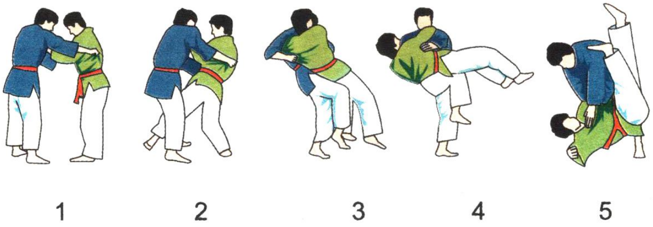


Figure77.

2–3–4–5–kurashchi shakes and pulls the opponent to himself, lifts on the hip, then lifts under the thigh and drops him on the gilam.

4. Kushsha from the inside – fore-trip.

Initial position – The beginning of the fight.

To grip on left or right reverse side of the collar and sleeve.(Fig. 78)

1. The opponent turns and tries to make kushsha from the inside.

2. Kurahschi lifts the foot back the opponent's foot pushes forward and down with hands.

3–4–5–6– Continue turning body, his propping leg is applied a fore-trips.

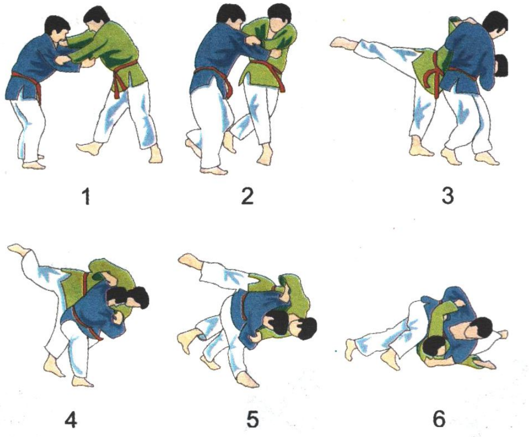


Figure78.

5. Kushsha from the inside and from the front of both legs kushsha.
Initial position –The beginning of the fight.
To grip on the left or right reverse side of the collar and sleeve (Fig.79).

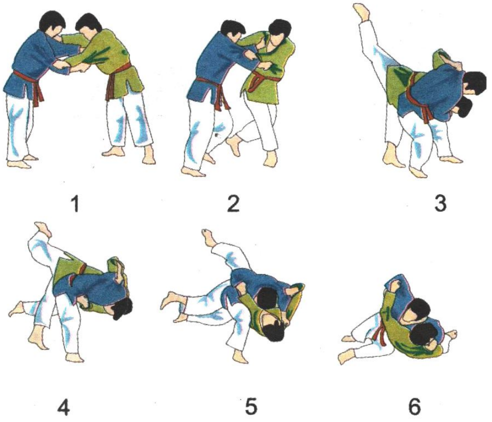


Figure79.

1– The opponent turns and makes kushsha from the inside.

2 –Turning of the opponent stops with hands, the foot is lifted over his attacking foot.

3–4–5–6–To press the opponent down and forward, to turn at the same time and make kushsha from the front of both feet.

6. To throw over the hip – to lift on the hip from the back and to drop.

Initial position – position before the start of the fight.

To grip on the left or right reverse of the collar and shoulder part of the yakhtak (fig. 80).

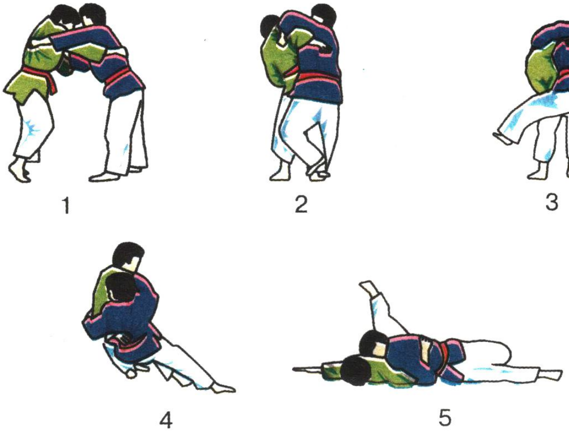


Figure 80.

1–The opponent turns, tries to throw over the hip.

2 – Kurashchi grips the opponent, goes from back and hampers his turn.

3–4–5–When dropping him back and to the side, to lift under with the thigh and to drop on gilam.

7. To throw over the hip - to turn back and to throw over the chest.

Initial position - Position before the start of the fight

To grip on the left or right reverse of collar and upper part of the belt (Fig. 81).

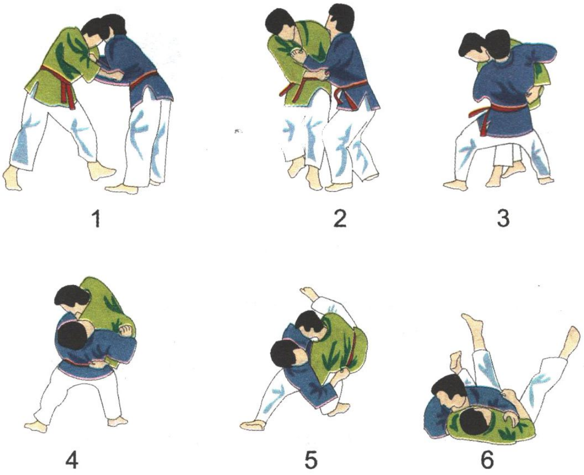


Figure81.

1-The opponent turns trying to throw brabbing the belt.

2-3-4-5-6- Kurashchi moves back and to the side of the opponent, bends the knees, lowers down, grabbing the opponent on the turning side, pulls to chest and turning back throws him over the chest.

8. To throw over the hip – to lift and drop from the back.

Initial position - Position before the start of the fight.

To grip on the left or right reverse of the collar and shoulders part of the yakhtak. (Fig. 82)

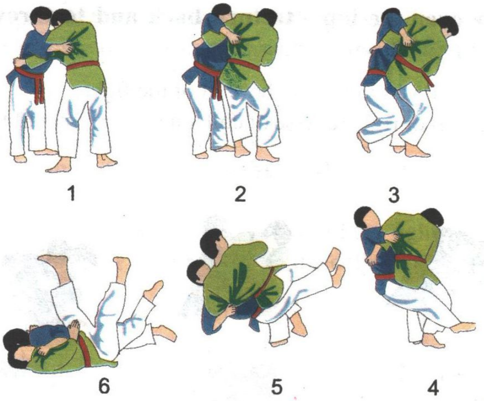


Figure82.

1-The opponent tries to turn and to throw over the hip.

2-3-4-5-6- Kurashchi moves under the opponent's body when he turns, grabs around the body, presses, moves back, lifts him up with the foot and throws him down on gilam.

9.To throw over the hip – to turn back and to throw over the chest.

Initial position - Position before the start of the fight.

To grip on the left or right reverse of collar and back side of the belt. (fig 83)

1-The opponent turns and tries to throw over the hip.

2-3-4-5-6-Kurashchi bends his knees a little and sits under the opponents body, pulls the opponent's body to the chest, lifts up, turns back and throws him over the chest.

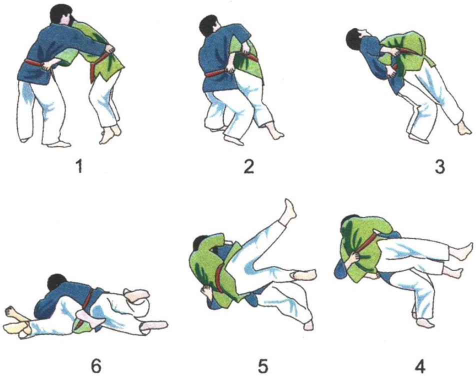


Figure83.

10.To make a rear-trip – to set on the hip and lift up.

Initial position - Position before the start of the fight.
To grip on the left or right reverse side of the collar and sleeve (fig 84)

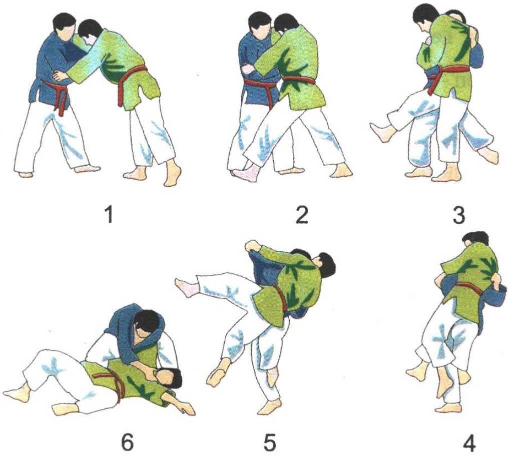


Figure84.

1-The opponent makes a step to the side and tries to make a rear-trip.

2–3–4–5–6–Kurashchi turns to the opponent, puts his attacking foot back, lifts the opponent, sets on the hip and throws on gilam.

11. To make rear-trip – to turn back and to throw over the chest.

Initial position - position befor the start of the fight

To grip on the left or right reverse of the collar and sleeve (fig 85)

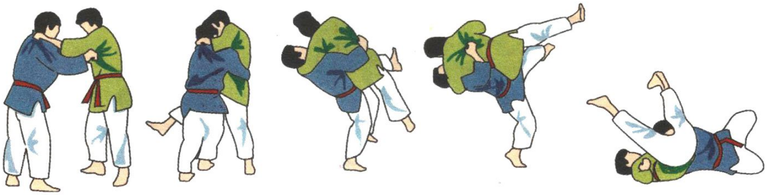


Figure85.

1- The opponent makes a step and tries to make rear-trip.

2–3–4–5– Kurashchi makes a step, grabs the opponent around the body, lifts him up and turning back throws him over the chest.

12. To make rear-trip

Initial position - position befor the start of the fight

To grip the collar and left or right sleeve of kurashchi.(fig 86)

1-Kurashchi tries to step and to make rear-trip

2–3–4–5– To stop the opponent with hands, turn him to the opposite side, make a rear-trip.

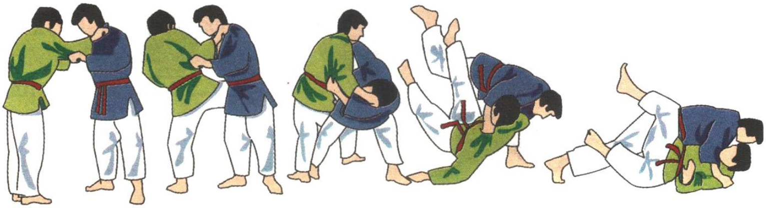


Figure86

13. To turn back and to throw over the chest – to hook with the shin from the outside.

Initial position - The beginning of the fight

To keep by left or right reverse side of the collar and back side of the belt. (Fig 87)

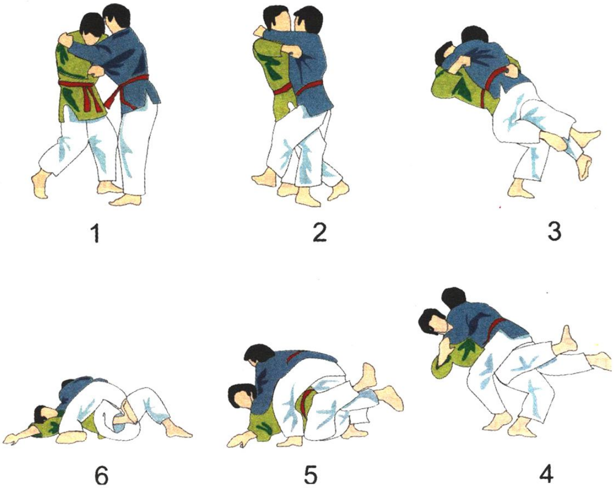


Figure87.

1–2– The opponent steps, tries to turn back and drop.

3–4–5–6– Kurashchi hooks left or right foot of the opponent with the shin from the outside, push himself and drops the opponent on gilam.

This method can also be made by hooking the foot from the inside and pushing the body.

TECHNICAL AND TACTICAL CHECK-UP OF ATHLETES FOR READINESS AND AT COMPETITIONS

On can clearly notice weak and strong sides of athletes at competition time. The following step should be taken in order to properly evaluate their actions at competitions:

1) To constantly make note of every action of kurashchi for the whole period of competition;

2) To evaluate his actions as per exact criteria.

The first task is carried out by optical method (photos, films, video recordings) or pedagogical observations and according to protocol of the competitions.

Competition protocal combines all the sides of kurashchi's actions and the actions are marked with special symbols. .

All the optically recorded materials are studied carefully and on the basis of the material the next steps are to be taken.

The previlidge of the optical method is that kurashchi can see his shortcomings several times and with the advice of the coach can make necessary conclusion. He can better master each technique, counter techniques.

Optic and pedagogic methods are mutually connected with each other and if both of them are followed the results at the training and competitions will be higher.

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Komil Yusupov

INTERNATIONAL KURASH RULES, TECHNIQUES AND TACTICS

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Komil Yusupov

-Born on December 20, 1957, in Uzbekistan
-Since 2017 — Permanent Founding Chairman of the International Kurash Association

Education and Academic Titles

-Lawyer (1978–1983)
-Sports Instructor (1986–1991)
-Doctor of Philosophy 2025
-Academician, 2024
-Founder of Kurash Sport, 1991
-Founder of the International Kurash Association, 1998

Professional Activity

-Service in law enforcement agencies (1976–1991)
-Member of the Central Election Commission of the Republic of Uzbekistan (1998–2014)
-Held senior leadership positions in state institutions (1992–2000)
-Chairman of the Board of the “Kamolot” Youth Foundation of Uzbekistan (2000–2002)
-Chairman of the State Committee of the Republic of Uzbekistan for Physical Culture and Sports (2002–2006)
-Initiator and President of the International Kurash Association (1998–2014)
-Lifelong Permanent Founding Chairman of the International Kurash Association (since 2017)
-Founder of the Komil Yusupov International Kurash Academy president (2024)

State and International Awards

-Master of Sports of International Class (Sambo and Judo), 1978–1980
-70th Anniversary Medal of the Armed Forces of the USSR, 1988
-Order of Gratitude of the Afghan People, 1989
-Order “For Excellent Service”, 1st Degree (KGB of the USSR), 1990
-Honored Athlete of Uzbekistan, 1992
-Order “For a Healthy Generation”, 1997
-Order “El-Yurt Hurmat”, 1999
-UN Title “Goodwill Ambassador”, 2004
-Order of “Great Genghis Khan” (Mongolia), 2006
-Honored Sports Figure of Mongolia, 2007
-Badge “Excellence in Physical Education and Sports”, 2020
-Title “Labor Veteran”, 1st Degree, 2021

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KURASH